

PERSONAL INFORMATION

**Oana Alexandra DAVID**



📍 37, Republicii St., Cluj-Napoca, 400015, Romania

☎ +40-264-43-41-41 📠 +40-743-733-3345

✉ [Oana.David@ubbcluj.ro](mailto:Oana.David@ubbcluj.ro) [oanadavid@psychology.ro](mailto:oanadavid@psychology.ro)

🌐 <http://rethinkplatform.ro/> <http://www.ubbcluj.ro/> [www.clinicalpsychology.ro](http://www.clinicalpsychology.ro)

🗣 [https://www.researchgate.net/profile/Oana\\_David2](https://www.researchgate.net/profile/Oana_David2) ORCID: <https://orcid.org/0000-0001-8706-1778>

| Sex Female | Date of birth 21/10/1981 | Nationality Romanian

RESEARCH INTERESTS

Technology based personalized interventions for stress management and emotional skills coaching in adults and children

WORK EXPERIENCE

2021 - present

**Professor of clinical psychology and psychotherapy**

Babes-Bolyai University Cluj-Napoca, Department of Clinical Psychology and Psychotherapy (<http://www.ubbcluj.ro/> [www.clinicalpsychology.ro](http://www.clinicalpsychology.ro))

- Ph.D. supervisor in the Doctoral School *Evidence-based psychological assessment and interventions* (9 Ph.D. students) <http://www.clinicalpsychology.ro/en/education/>
- Teaching master level courses in cognitive-behavioral interventions applied in education, organizations, and parenting programs
- Director of the Master program of the Department: *Psychological techniques for behavior management and human potential development* (2020-present)
- Director and clinical psychologist, "Babes-Bolyai – PsyTech" Psychological Clinic (2019-present) and the *International Coaching Institute* (2009-present), community services units of the BBU
- Director of the DATA Lab - *Digital Affective Technologies in Therapy and Assessment Lab*, and PAINT Lab - *Parent Interventions Lab*, part of the International Institute for Advanced Studies in Psychotherapy and Applied Mental Health;

(<http://rethinkplatform.ro/> and <http://psychotherapy.psiedu.ubbcluj.ro/>)

Business or sector Higher education and research

2015 - 2021

**Associate professor habil.**

Babes-Bolyai University Cluj-Napoca, Department of Clinical Psychology and Psychotherapy

2008 - 2015

**Assistant professor & researcher**

Babes-Bolyai University Cluj-Napoca, Department of Clinical Psychology and Psychotherapy

2008 - 2011

**HR Specialist**

Intesa Sanpaolo Bank Romania, HR Department, Recruitment, Human Development and Performance Management Sector (<https://www.intesasanpaolobank.ro/>)

2007 - 2008

**HR Consultant**

HILL International Romania, HILL International HR Group (<https://www.hillintl.com/en>)

2005 - 2008

**Clinical psychologist**

Center for Parents and Child Counseling and Support, Directorate for Social Assistance and Child Protection Bihor (<http://www.dgaspcbihor.ro/dgaspcbh.ro/czcspc.html>)

Business or sector Child and family support services

**EDUCATION AND TRAINING**

- 2007-2011 **Ph.D. in Psychology**  
 Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy; Doctoral School in Psycho-diagnosis and Evidence Based Interventions, Thesis "Evidence-based parenting programs for reducing disruptive behavior in children"; [www.clinicalpsychology.ro](http://www.clinicalpsychology.ro)
  
- 2009 **Research fellowship – visiting research student**  
 Harvard Medical School, Laboratories of Cognitive Neuroscience, Developmental Medicine Center, Boston Children's Hospital, Boston, USA (scholarship Dinu Patriciu Foundation); <https://www.childrenshospital.org/Research/Labs/laboratories-of-cognitive-neuroscience>
  
- 2008 **Psychotherapy training and research fellowship**  
 Albert Ellis Institute, NYC, USA - Primary and Advanced Practicum Certificate in Rational Emotive Behavioral Therapy (Scholarship Albert Ellis Institute); <https://albertellis.org/>
  
- 2007 **Placement in counselling psychology**  
 King's College London, Medical and Counselling Centre, Institute of Psychiatry and Maudsley Hospital, London, UK; <https://www.kcl.ac.uk/>
  
- 2005-2010 **Cognitive-behavioral therapy practicum training and supervision**  
 International Institute for Advanced Studies in Psychotherapy and Applied Mental Health <http://psychotherapy.psiedu.ubbcluj.ro/>, Babes-Bolyai University Cluj-Napoca and Romanian Association of Cognitive and Behavioral Psychotherapies; <https://psihoterapiecbt.ro/>
  
- 2001-2007 **B.A. in Psychology & M.A. in Counselling psychology**  
 State University of Oradea, Romania, Faculty of Socio-Human Studies; <https://www.uoradea.ro/>
  
- 1996-2001 **Primary and kindergarten teacher certification**  
 Pedagogical High School "Iosif Vulcan", Oradea

**PERSONAL SKILLS**

Mother tongue(s) Romanian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C1	C1	C1
Lingua Center certification of advanced level					
French	B2	B2	B2	B2	B2
Italian	B1	B1	A2	A2	A1
Spanish	A2	A2	A1	A1	A1

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user  
[Common European Framework of Reference for Languages](#)

**Digital skills**

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

Levels: Basic user - Independent user - Proficient user  
[Digital competences - Self-assessment grid](#)

Driving licence B category

## ADDITIONAL INFORMATION

<b>Professional membership</b>	<p>2021- International Full Member of the American Psychological Society.</p> <p>2020-present, Member of Babeş-Bolyai University, Faculty of Psychology and Education Sciences Council; Socio-Economic Council; Gender Equality Experts Group and GUILD representative</p> <p>2019-present, Honorary Research Fellow of the International Centre for Coaching Psychology Research, within the International Society for Coaching Psychology (ISCP), UK</p> <p>2008-present, Founding President of the International Association of Cognitive-Behavioral Coaching (IACBC) - sponsor the International Congress of Cognitive-Behavioral Coaching</p> <p>2016-present, member of the Association of Coaching, UK</p> <p>2019-present, Member of the directing committee of the Cluj branch of the Romanian Board of Psychologists</p> <p>2008-present, Member of the Romanian Association of Cognitive and Behavioural Psychotherapies (APCCR) European Association of Behavioral and Cognitive Therapies (EABCT), Romanian Federation of Psychotherapy (FRP), Romanian Psychological Association (APR)</p>
<b>Member in committees/editorial boards</b>	<p>2021 - Member, COST Initiative The European Family Support Network <a href="https://eurofamnet.eu/about/aim-and-objectives">https://eurofamnet.eu/about/aim-and-objectives</a></p> <p>2020-present - National Coordinator in the consortium World Mental Health International College Student Initiative (<a href="https://www.hcp.med.harvard.edu/wmh/college_student_survey.php">https://www.hcp.med.harvard.edu/wmh/college_student_survey.php</a>)</p> <p>2017-2019 - Expert, EU Commission - Research grants evaluator Horizon 2020 (H2020 - BHC-22-2019 call Mental health in the workplace, two stages; H2020-SC1-PM-07-2017: "Promoting mental health and wellbeing in the young")</p> <p>Member in the scientific committee/board of the following conferences: 2014-1st International Cluj-Napoca; Congress of Cognitive-Behavioral Coaching, Cluj-Napoca;; 2016 2nd International Cluj-Napoca; Congress of Cognitive-Behavioral Coaching, Athens; 2019- Fourth International Congress of Rational Emotive Behavior Therapy, Cluj-Napoca; National Congress of CBT 2019, 2020.</p> <p>Chief-Editor of the Journal of Evidence-Based Psychotherapies (2019-present) <a href="http://jebp.psychotherapy.ro/">http://jebp.psychotherapy.ro/</a></p> <p>Member in the Editorial Board of the following peer-review journals: Journal of Rational Emotive and Cognitive Behavioral Therapy (2014-present), International Journal of Coaching Psychology, European Journal of Counselling Theory, Research and Practice (2019-present)</p>
<b>Honours and awards</b>	<p>2022 - Excellency annual award for innovative and cultural services for the community, from Babes-Bolyai University.</p> <p>2020 - The "Nicolae Margineanu" Award for Research, Department of Clinical Psychology and Psychotherapy.</p> <p>2019 - Prize for innovative services through the Babes-Bolyai PsyTech University Clinic, from Department of Clinical Psychology and Psychotherapy</p> <p>2016 - Honorary award for highly significant contributions in the fields of executive coaching and parenting- clinical psychology and psychotherapy, at the 2nd International Congress of Cognitive Behavioral Coaching, Athens, Greece.</p> <p>2014 - Award for scientific research, Babes-Bolyai University.</p> <p>06.2014 - Professor of the week at Babes-Bolyai University.</p> <p>2014 - Excellency Prize for innovation for the "PsyPills" app, 7th edition of the International Salon of Research, Innovation and Inventions PRO Invent, Cluj-Napoca, Romania.</p> <p>2013 - The "Nicolae Margineanu" Award for Research, Department of Clinical Psychology and Psychotherapy, 1st Edition, Babeş-Bolyai University.</p> <p>2011. – Excellency Award "Teacher of the Year", Babeş-Bolyai University Cluj-Napoca.</p> <p>2011 - "Florian Ştefănescu-Goangă" Award for Young Ph.D. in the field of Psychology, 1st Edition, Babeş-Bolyai University.</p> <p>2005- <i>The Albert Ellis Award for Young Professionals</i>, Program for Research in the Theory and Practice of Rational-Emotive and Cognitive-Behavioral Psychotherapies; Project Title: Rational beliefs and illusory mental health.</p>
<b>Scholarships/Fellowships</b>	<p>07.2013 - Visiting Scholar at City University of New York, Hunter College, Department of Psychology, Regulation of Emotion in Anxiety and Depression Lab.</p> <p>07.2011-08.2011- Visiting Scholar at Mount Sinai School of Medicine, Department of Oncological Sciences, NYC, USA.</p>

**References** Professor Raymond DiGiuseppe, St. John's University  
Professor Stephen Palmer, City University of London  
Irving Kirsch, Harvard Medical School  
Professor Douglas Mennin, Columbia University

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## ANNEXES

Research grants  
Publications  
Invited Presentations  
Conferences  
Specialisation  
Additional professional certification  
Therapeutic technology tools developed

### Research grants

#### Grants/projects directed

1. June 2022-June2024 – Director, Grant Grant PED Experimental Demonstrative Projects, Title RETHink ACADEMY: Helping universities to effectively care for the mental health of college students in the digital age, UEFISCDI (548.000 RON);
2. January 2021 - december 2023 - Director, Grant PCE, RETHink Emotions:Game Based Online Assessment of Emotion-Regulation Abilities And Personalised Prevention Of Emotional Disorders In Children and Adolescents, UEFISCDI (1.197.556 RON, PN-III-P4-ID-PCE-2020-2170)
3. August 2020 - August 2022 - Director, Grant PED, RETHinkWELL: An integrative evidence-based platform for the prevention of emotional disorders in children and adolescents, UEFISCDI (550.000 RON; PN-III-P2-2.1-PED-2019-3837)
4. 2020-2023, Coordinator of the National Consortium in Romania (BBU and other three universities) affiliated to the WHO World Mental Health International College Student (WMH-ICS) Initiative and coordinated by Harvard Medical School. Full title: WellbeingAcademy-CaringUniversities - National Consortium Student Mental Health Needs Assessment Survey.
5. 2021-present, National coordinator, WellbeingAcademy-CaringUniversities - Student Mental Health Support Interventions at PsyTech-Babes-Bolyai Psychology Clinic BBU.
6. 2020-present, Director, Grant UBB for research-competitiveness -excellence - Annual Support Grant for Journal of Evidence-Based Psychotherapies.
7. Jan 2019- 2022 - Director, Grant UBB for research-competitiveness -excellence (AGC36022/30.12.2019; AGC1235, AGC12351236)
8. June 2014-July 2017 - Project Director, Joint Applied Research Projects PN-II-PT-PCCA-2013-4, project title: RETHink: Evidence-based therapeutic online game for child and adolescent mental health, National Council for Scientific Research (300.000EUR).
9. August-2014-august 2015 - Co-director, Psychobiological Correlates of Elizabeth Arden's cream Fragrance, Elizabeth Arden LTD New York (50.000 EUR).
10. Oct. 2013-Oct. 2014 - Project Director, Young researcher grant from Babeş-Bolyai University, Project: Adapting the online version of the Rational Positive Parenting program (20.000RON).
11. Oct. 2011-Oct. 2013 - Project Director, Post-doctoral grant PN-II-RU-PD-2011-3-0131, National Council for Scientific Research, Emotion regulation and mental health in the workplace (300.000 RON); West University Timisoara, Mentor: Associate Professor Florin Alin Sava, Ph.D.
12. Dec. 2010-Jan. 2012 - Principal Investigator, Grant Nokia – Internal Coach Academy, Babes-Bolyai University, International Coaching Institute (16.000 Euro).
13. 2005-2006 - Principal Investigator, Grant Albert Ellis for the project Positive illusions and illusory mental health? The role of positive irrational cognitions in mental health – a theoretic and experimental model. (27.180 RON)

#### 14. Member in research projects

1. February 2021 - Consultant, Digital media use and socio-emotional development of toddlers: vulnerability and protection, director Dr. Marie Danet, Associate professor at University of L'Ille.
2. June 2017-June 2018- Researcher, Definirea mecanismelor psihoculturale ale romanilor fata de asumarea de asigurari - blocaje si oportunitati, director Dr. Matu Silviu Andrei, UBB Star Institute, AEGON Group.
3. 2016 - Researcher, Genetic and environmental factors in emotion regulation development during adolescence: implications for anxiety disorders and depression, PN-II-ID-PCCE-2011-2-0045.
4. June 2014-2017, Researcher, Grant Dcombat: A Computerized Preventative and Therapeutic Intervention for Depression, Programme "Research within Priority Sectors"- implemented under the European Economic Area (EEA) Financial Mechanism 2009-2014, Grant coordinated by Babes-Bolyai University, Partners: CheckWare AS; Norwegian University of Science and Technology.
5. March 2013 - September 2014, Expert mental health and coaching, Grant EduCare FP7, European Commission.

6. March-September 2012, Researcher, iSofie-Internet based Treatment for Social Anxiety Disorder in Romania, Coordinator: Babes-Bolyai University, Partner Linkoping University, Linkoping, Sweden.
7. September 2008- present - Clinical psychologist – Interventionist ACT, Grant “Rational Emotive Behavior Therapy Versus Cognitive Therapy Versus Acceptance and Commitment Therapy in the treatment of Generalized Anxiety Disorder”, Albert Ellis Institute, BBU.
8. May-Sept. 2012 - Supervisor, POSDRU Grant “They should have a chance, too! Support program for social and professional integration of people with autistic spectrum disorders”, Romanian Angel Appeal, partner Romanian Association of CBT.
9. 2010-Oct. 2011 - Expert in parent trainings (long term), POSDRU Grant “Emotional and social development of preschool children coming from disadvantaged environments for preventing early school drop”, BBU.
10. 2008 – 2011- Researcher, The role of cognitive-behavioral psychotherapy in the surgical paradontal treatment: an RCT. PSIDENT, (Romanian National Research Council)
11. 2007-2008 - Researcher, “Psychotherapy versus medication in the treatment of ADHD; A multisite randomized clinical trial”, National Grant from Romanian Education and Research Ministry (MEdC) and Excellency Research (CEEx).
12. 2004-2007 - Research assistant, National Grant from Romanian Education and Research Ministry (MEdC) and National Council of Scientific Research in Higher Education (CNCSIS): “Psychotherapy versus medication in the treatment of MDD”.

## Publications

### Articles indexed Web of Science-Thomson ISI

1. David, O. A., & Fodor, L. A. (2022). Are gains in emotional symptoms and emotion-regulation competencies after the RETHink therapeutic game maintained in the long run? A 6-month follow-up. *European Child & Adolescent Psychiatry*, 1-10. <https://doi.org/10.1007/s00787-022-02002-w>
2. David, O. A., Storian, P. I., Predatu, R., & Maffei, A. (2022). State anxiety and frontal alpha asymmetry effects of the RETHink online video game for children and adolescents: A six-month follow-up. *Personality and Individual Differences*, 196, 111725. <https://doi.org/10.1016/j.paid.2022.111725>
3. David O. A., Magurean S., Tomoiagă, C. (2022). Do Improvements in Therapeutic Game-Based Skills Transfer to Real Life Improvements in Children’s Emotion-Regulation Abilities and Mental Health? A Pilot Study That Offers Preliminary Validity of the RETHink In-game Performance Scoring. *Frontiers in Psychiatry*, 13, 828, Doi: 10.3389/fpsy.2022.82848
4. David, O. A., & David, D. O. (2022). How can we Best Use Technology to Teach Children to Regulate Emotions? Efficacy of the Cognitive Reappraisal Strategy Based on Robot Versus Cartoons Versus Written Statements in Regulating Test Anxiety. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. <https://doi.org/10.1007/s10942-021-00440-0>
5. David, O. A., Cardoso, R. A. I., & Predatu, R. (2021). Effectiveness of the RETHink therapeutic online video game in promoting mental health in children and adolescents. *Internet Interventions*.
6. Burkova, V.,...David, O.A. et al. (2021). Predictors of Anxiety in the COVID-19 Pandemic from a Global Perspective: Data from 23 Countries. *Sustainability*, 13(7), 4017; <https://doi.org/10.3390/su13074017>
7. Predatu, R., David, O. A., David, D. O., & Maffei, A. (2021). Emotion regulation abilities as a predictor of emotional response experienced by children and adolescents in the face of stress. *Anxiety, Stress, & Coping*, 15(1), 1061-5806.
8. Dobrowolska, M., Groyecka-Bernard, A., Sorokowski, P., Randall, A. K., Hilpert, P., Ahmadi, K., Alghraibeh, A. M., ...David, O.A. et al. (2020). Global Perspective on Marital Satisfaction. *Sustainability*, 12(21), 8817. doi: <http://dx.doi.org/10.3390/su12218817>
9. David, O. A., Costescu, C., Cardoso, 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. *Child Youth Care Forum*. Doi: <https://doi.org/10.1007/s10566-020-09566-1>
10. David, O. A., Predatu, R., & Maffei, A. (2020). RETHink online video game for Children and Adolescents: Effects on State Anxiety and Frontal Alpha Asymmetry. *International Journal of Cognitive Therapy*. Doi: <https://doi.org/10.1007/s41811-020-00077-4>
11. David, O. A., Canta, A., Salagean, I., Valenza, G., Mennin, D. S. (2020). The phobic applying for a job: Differential efficacy of reappraising or faking on subjective states, physiological reactions and performance. *Personality and Individual Differences*, 167, 110243. DOI: 10.1016/j.paid.2020.110243
12. Dobrowolska, M., Groyecka-Bernard, A., Sorokowski, P., Randall, A. K., Hilpert, P., Ahmadi, K., Alghraibeh, A. M., ...David, O.A. et al. (2020). Global Perspective on Marital Satisfaction. *Sustainability*, 12(21), 8817. doi: <http://dx.doi.org/10.3390/su12218817>
13. Comşa, L., David, O. A., & David, D. (2020). Outcomes and mechanisms of change in cognitive-behavioral interventions for weight loss: A meta-analysis of randomized clinical trials, *Behaviour Research and Therapy*, doi: <https://doi.org/10.1016/j.brat.2020.103654>.
14. David, O. A. (2019). The Rational Parenting Coach App: Rethink Parenting! A Mobile Parenting Program for Offering Evidence-Based Personalized Support in the Prevention of Child Externalizing and Internalizing Disorders. *Journal of Evidence-Based Psychotherapies*, 19(2), 97-108.
15. Ko, A., Pick, C. M., Kwon, J. Y., Barlev, M., Krems, J. A., Varnum, M. E. W., ... David, O. A., ...Kenrick, D. T. (2020). Family Matters: Rethinking the Psychology of Human Social Motivation. *Perspectives on Psychological Science*. Doi: <https://doi.org/10.1177/1745691619872986>
16. David, O. A., & David, D. (2019). Managing distress using mobile prescriptions of psychological pills: A first 6-month effectiveness study of the PsyPills app. *Frontiers in psychiatry*, 10, 201.



17. David, O. A., David, D., Mogoase, C., Popescu, L. C., Giosan, C., & Pellegrino, A. (2019). Psychological effects and brain correlates of a rose-based scented cosmetic cream. *Journal of Sensory Studies*. Doi: 10.1111/joss.12536
18. Marcinkowska, U. M., Rantala, M. J., Lee, A. J., Kozlov, M. V., Aavik, T., Cai, H., Contreras-Garduño, J., David, O. A., Kaminski, G., Li, N. P., Onyishi, I. E., Prasai, K., Pazhoohi, F., Prokop, P., Cardozo, S. L. R., Sydney, N., Taniguchi, H., Krams, I., Dixon, B. J. W. (2019). Women's preferences for men's facial masculinity are strongest under favorable ecological conditions. *Nature Communications, Scientific Reports*, 9, 3387. Doi: <https://doi.org/10.1038/s41598-019-39350-8>
19. David, O. A., Cardos, R. A. I., & Matu, S. A. (2019). Is RETHink therapeutic game effective in preventing emotional disorders in children and adolescents? Outcomes of a randomized clinical trial. *European Child and Adolescent Psychiatry*. Doi: <https://doi.org/10.1007/s00787-018-1192-2>
20. David, O. A., Cardos, R. A. I., & Matu, S. A. (2019). Changes in irrational beliefs are
21. responsible for the efficacy of the RETHink therapeutic game in preventing emotional disorders in children and adolescents: mechanisms of change analysis of a randomized clinical trial. *European Child and Adolescent Psychiatry*, 28(3), 307-318. Doi: <https://doi.org/10.1007/s00787-018-1195-z>
22. David, O. A. & Predatu, R. & Cardos, R. (2018). A pilot study of the RETHink online video game applied for coaching emotional understanding in children and adolescents in the therapeutic video game environment: The Feeling Better resources game. *Journal of Evidence-Based Psychotherapies*. 18. 57-68. 10.24193/jebp.2018.1.5.
23. Sorokovska, A., [...], David, O. A. et al. (2018). Global Study of Social Odor Awareness. *Chemical senses*, 43(7), 503-513. doi: 10.1093/chemse/bjy038.
24. Del Vecchio, T., Jablonka, O., DiGiuseppe, R., Notti, J., David, O. (2017). Psychometric Evaluation of the Parent Anger Scale. *Journal of Child and Family Studies*, 26(11), 3013–3025. DOI: <https://doi.org/10.1007/s10826-017-0824-3>
25. Sorokowski, P., [...], David, O. A., et al. (2017). Effects of Sex, Age, Marriage Duration, Religion, Number of Children, Economic Status, Education, and Collectivistic Values on Marital Satisfaction: Data from 33 Countries. *Frontiers in Psychology, section Personality and Social Psychology*, 8: 1199.
26. David O. A., Capris D., & Jarda A. (2017). Online Coaching of Emotion-Regulation Strategies for Parents: Efficacy of the Online Rational Positive Parenting Program and Attention Bias Modification Procedures. *Frontiers in Psychology, special issue Emotion science*, 8. DOI=10.3389/fpsyg.2017.00500
27. Cardos, R. A. I., David, O. A., David, O. D. (2017). Virtual reality exposure therapy in flight anxiety: A quantitative meta-analysis, *Computers in Human Behavior*, 72, 371-380. doi: 10.1016/j.chb.2017.03.007
28. Sorokowska, A. et al. (2017). Preferred Interpersonal Distances: A Global Comparison. *Journal of Cross-Cultural Psychology*, 48(4), 577–592.
29. David, D., Matu, S. A., David, O. A., & Terracciano, A. (2017). The Role of Cognitive Discrepancy Between Perception of National Character and Personality in the Functioning and Adaptation of 46 Countries: An Exploratory Study. *Cross-Cultural Research*, 1-24. Doi: 1069397116686732
30. Mogoase, C., Cobeanu, O., David, O. A., Szentagotai, A., & Giosan, C. (2017). Internet-based psychotherapy for adult depression: What about the mechanisms of change?. *Journal of Clinical Psychology*, , 73(1), 5–64. doi: <https://doi.org/10.1002/jclp.22326>.
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32. David, O. A., Ionicioiu, I., Imbarus, C. A., & Sava, F. A. (2016) Coaching Banking Managers Through the Financial Crisis: Effects on Stress, Resilience, and Performance. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*. doi:10.1007/s10942-016-0244-0
33. Ratiu, L., David, O. A., & Baban, A. (2016) Developing Managerial Skills Through Coaching: Efficacy of a Cognitive-Behavioral Coaching Program. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*. doi:10.1007/s10942-015-0225-8
34. Neamtu, G. M., & David, O. A. (2016). Coaching emotional abilities in fostered adolescents through Rational Emotive and Cognitive-Behavioral education: Efficacy and mechanisms of change of using therapeutic stories. *Evidence-Based Psychotherapies, Special issue on Life Coaching*, 16(1), 33-56.
35. David, O. A., & Cobeanu, O. (2016). Evidence-based training in cognitive-behavioral coaching: Does personal development bring less distress and better performance? *British Journal of Guidance and Counselling*, 44(1), 12-25. doi:10.1080/03069885.2014.1002384
36. Tulbure, B., Szentagotai, A., David, O. A., Stefan, S., Mansson, K., David, D., & Andersson, D. (2015). Internet-delivered cognitive-behavioral therapy for social anxiety disorder in Romania: A randomized controlled trial. *PLoS One*, 10, e0123997.
37. David, O. A., Matu, A., Pinte, S., Cotet, C., & Nagy, D. (2014). Cognitive-Behavioral Processes Based on Using the ABC Analysis by Trainees' for Their Personal Development. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*, 32(3), 198-215. doi: 10.1007/s10942-014-0189-0
38. David, O. A., David, D., & Dobrean, A. (2014). Efficacy of the Rational Positive Parenting program for child externalizing behavior: can an emotion-regulation enhanced cognitive-behavioral parent program be more effective than a standard one?. *Journal of Evidence-Based Psychotherapies*, 14(2), 21-38.
39. David, O. A., David, D., & DiGiuseppe, R. (2014). You are such a bad child! Appraisals as mechanisms of parental negative and positive affect. *Journal of General Psychology*, 141(2), 113-129.

40. David, D., Matu, S. A., & David, O. A. (2014). Robot based psychotherapy: Concepts Development, State of the Art and New Directions. *International Journal of Cognitive Therapy*, 7(2), 192-210.
41. Marcinkowska, U. Kozlov, M. V., Cai, H., Contreras-Garduño, J., Dixon, B. J., Gavita O. A. et al. (2014). Cross cultural variation in men's preference for sexual dimorphism in women faces. *Biology Letters*, 10(4), 20130850.
42. David, O. A. (2014). The Rational Positive Parenting program for child externalizing behavior: Mechanisms of change analysis. *Journal of Evidence-Based Psychotherapies*, 14(1), 21-38.
43. David, O. A., & Matu, S. A. (2013). How to tell if managers are good coaches and how to help them improve during adversity? The managerial coaching assessment system and the rational managerial coaching program. *Journal of Cognitive and Behavioral Psychotherapies*, 13(2a), 259-274.
44. David, D., Matu, S. A., & David, O. A. (2013). New Directions in Virtual Reality-Based Therapy for Anxiety Disorders. *International Journal of Cognitive Therapy*, 6(2), 114-137.
45. Gavița, O. A., & Călin, A. (2013). Retman rational stories versus Rational Parenting Program for the treatment of child psychopathology: Efficacy of two formats of Rational-Emotive Behavior Therapy. *Journal of Cognitive and Behavioral Psychotherapies*, 13(1), 33-52.
46. Gavița, O. A., Capris, D., Bolno, J., & David, D. (2012). Anterior cingulate cortex findings in child disruptive behavior disorders: A meta-analysis. *Aggression and Violent Behavior*, 17(6), 507–513.
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1. David, O. A. (2020). Rational Emotive Parent Education. In M. Bernard & M. Terjesen (Eds.). *Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications*. New York: Springer Publishing House. (DOI: 10.1007/978-3-030-53901-6)
2. David, O. A. (2019). REBT in Coaching. In M. Bernard and W. Dryden (Eds.), *Advances in REBT: Theory, Practice, Research, Measurement, Prevention and Promotion*. New York: Springer Publishing House.
3. David, O. A., Cardos, R. A. I., & Oltean, H-R. (2019). REBT and Parenting Intervention. In M. Bernard and W. Dryden (Eds.), *Advances in REBT: Theory, Practice, Research, Measurement, Prevention and Promotion*. New York: Springer Publishing House. (ISBN 978-3-319-93117-3)
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6. David O. A. & Breitmeyer, A. (2018). Assessment, Case Formulation and Intervention Models. In M. E. Bernard, O. A. David (Eds.), *Coaching for Rational Living. Theory, Techniques and Applications* (pp. 117-141, ISBN 978-3-319-74067-6), New York: Springer Publishing House.
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8. David O. A., & Cimpean, A. (2018). Managerial Coaching and Rational Leadership. In M. E. Bernard, O. A. David (Eds.), *Coaching for Rational Living. Theory, Techniques and Applications* (pp. 325-341, ISBN 978-3-319-74067-6), New York: Springer Publishing House.
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10. Breitmeyer, A. M., & David, O. (2018). Managing Injury and Loss: The Use of Rational Emotive Behavior Therapy (REBT) with a Collegiate Football Player. In M. Turner (Ed.), *The use of REBT in sport and exercise*. Oxford, UK: Routledge.
11. David, D. & David, O. (2017). Hot Cognitions. In V. Zeigler-Hill & T. K. Shackelford, (Eds.): *Encyclopedia of Personality and Individual Differences* (pp. 1-3). Springer International Publishing. DOI: 10.1007/978-3-319-28099-8\_979-1
12. Rusu, A. S., Szentagotai, A., Opris, D. I., Gavita, O. A., Matu, S. A., Oniujeș, L. D., & David, D. (2015). Aplicații ale tehnologiilor moderne de tip realitate virtuală și robotică în psihologia clinică și psihoterapie. In M. Albu și P. Derevenco (eds.), *Stres, stress ocupațional și burnout*. Cluj-Napoca: Edit. Argonaut.
13. DiGiuseppe, R., & David, O. A. (2015). Rational Emotive Behavior Therapy. In T. Prout & D. T. Brown (Eds.), *Counseling and Psychotherapy with Children and Adolescents: Theory and Practice for School and Clinical Settings* (pp. 155-214, 5th Ed.). John Wiley & Sons, Inc.



14. David, O. A. (2015). Emotion-regulation in parents: processes, affective and behavioral effects. In M. L. Bryant (Ed.): Handbook on Emotion Regulation: Processes, Cognitive Effects and Social Consequences (pp. 257-263). New York: Nova Science.
15. David, O. A. (2015). Emotion-regulation in the workplace: processes, affective and task related effects. In M. L. Bryant (Ed.): Handbook on Emotion Regulation: Processes, Cognitive Effects and Social Consequences (pp. 251-257). New York: Nova Science.
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17. Gavita, O. A., DiGiuseppe, R., & David, D. (2013). Self-Acceptance and Raising Children: The Case of Parental Unconditional Acceptance. In M. E. Bernard (Ed.), The Strength of Self-Acceptance. New York: Springer.
18. Nielsen, S.L., Szentagotai, A., Gavita, O. A., & Lupu, V. (2013). Self-Acceptance and Christian Theology. In M. E. Bernard (Ed.), The Strength of Self-Acceptance. New York: Springer.
19. Anton, R., Gavita, O. A., Macavei, B., Moldovan, R., & Sucala, M. (2010). Medical applications of the psychology of cognition. Psychological rehabilitation methods of the patients presenting neurocognitive postoperative dysfunction. In Bodolea, C. Postoperative neurocognitive dysfunction in elderly patients, Ed. Primus: Cluj-Napoca, pp. 160-182.
20. Mogoase, C., Gavita, O. A., & Cobeau, O. (2010). Cognitive function and dysfunction. In Bodolea, C. Postoperative neurocognitive dysfunction in elderly patients, Ed. Primus: Cluj-Napoca, pp. 49-79.

### Books adapted

Clark, L. (2010). SOS Help for emotions. Managing anxiety, anger and depression [Ajutor pentru emoții. Managementul anxietății, furiei și depresiei]. Ed. RTS: Cluj-Napoca. (Original work published 1996)

### Conferences

Over 70 papers presented at international and national conferences (a selection since 2015 can be found [here](#))

### Invited papers/presentations

Over 25 - selection during previous six months:

04.2021 – workshop invited by the Albert Ellis Institute NY, The Emotional side of parenting: REBT based techniques.

11.2020 - open paper invited AREBT International Conference, New developments of the ABC model for cognitive-behavioral coaching, UK.

09.2020 - workshop invited Therapy and coaching - The Future? Health Now conference, Bucharest.

09.2020 - workshop invited CBT in parenting, National Conference of CBT, Cluj-Napoca.

10.2019 - workshop invited at the Conference Advances and Challenges in Cognitive Behavioural Therapy, Moscow.

### Specialisation

Over 30 workshops and programs followed since 2006 in applications of clinical psychology, cognitive-behavioral psychotherapy and coaching (positive psychology, motivation) presented by international experts such as Dr. Kabath-Zinn, Prof. Dr. Howard Kassinove, Prof. Ray DiGiuseppe, Prof. Ann Vernon, Prof. Arthur Freeman, prof. Carl Lejuez, prof. Windy Dryden, prof. Thomas Dowd, Prof. Jeffrey Young.

### Additional professional certification

02.2019 *Coach* Certificate, National Council in Adult Training, International Association of Cognitive Behavioral Coaching.

02.2011 *Train the Trainers* Certificate, National Council in Adult Training, Center for Managerial Development, Cluj-Napoca.

12.2010 - 05.201 Training of the trainers in the Romanian-Canadian MBA Program, Human Resources Management domain, Maastricht School of Management, Netherlands /Academy of Economic Sciences Bucharest.

02.2009 Certificate in "Performance Coaching", Centre for Coaching, Stress Management Centre, UK, certification Middlesex University, London.

### Technology based products

- The REThink therapeutic game <http://rethinkplatform.ro/the-rethink-game/>

- mobile based therapeutic application: the PsyPills app <http://rethinkplatform.ro/ecological-mood-assesment-and-intervention-tools/>

- mobile assessment application based on experience mood sampling: the MoodWheel app <http://rethinkplatform.ro/ecological-mood-assesment-and-intervention-tools/>

- the roboRETMAN mechatronic device for emotion regulation skills coaching in children [https://retman.ro/?page\\_id=15](https://retman.ro/?page_id=15)