

PERSONAL INFORMATION

**Oana Alexandra DAVID**



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🌐 <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

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

RESEARCH INTERESTS

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.dgaspbihor.ro/dgaspbihor.ro/czcspc.html>)

**Business or sector** Child and family support services

## EDUCATION AND TRAINING

- 2007-2  
011 **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/>
- 2005-2  
010 **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/>
- 2001-2  
007 **B.A. in Psychology & M.A. in Counselling psychology**  
State University of Oradea, Romania, Faculty of Socio-Human Studies; <https://www.uoradea.ro/>
- 1996-2  
001 **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

Professional membership

2021- International Full Member of the American Psychological Society.  
 2020-present, Member of Babeş-Bolyai University, Faculty of Psychology and Education Sciences Council; Socio-Economic Council; Gender Equality Experts Group and GUILD representative  
 2019-present, Honorary Research Fellow of the International Centre for Coaching Psychology Research, within the International Society for Coaching Psychology (ISCP), UK  
 2008-present, Founding President of the International Association of Cognitive-Behavioral Coaching (IACBC) - sponsor the International Congress of Cognitive-Behavioral Coaching  
 2016-present, member of the Association of Coaching, UK  
 2019-present, Member of the directing committee of the Cluj branch of the Romanian Board of Psychologists  
 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)

Member in committees/editorial boards

2021 - Member, COST initiative The European Family Support Network  
<https://eurofamnet.eu/about/aim-and-objectives>  
 2020-present - National Coordinator in the consortium World Mental Health International College Student Initiative ([https://www.hcp.med.harvard.edu/wmh/college\\_student\\_survey.php](https://www.hcp.med.harvard.edu/wmh/college_student_survey.php))  
 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")  
 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.  
 Chief-Editor of the Journal of Evidence-Based Psychotherapies (2019-present)  
<http://jebp.psychotherapy.ro/>  
 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)

Honours and awards

2022 - Excellency annual award for innovative and cultural services for the community, from Babes-Bolyai University.  
 2020 - The "Nicolae Margineanu" Award for Research, Department of Clinical Psychology and Psychotherapy.  
 2019 - Prize for innovative services though the Babes-Bolyai PsyTech University Clinic, from Department of Clinical Psychology and Psychotherapy  
 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.  
 2014 - Award for scientific research, Babes-Bolyai University.  
 06.2014 - Professor of the week at Babes-Bolyai University.  
 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.  
 2013 - The "Nicolae Margineanu" Award for Research, Department of Clinical Psychology and Psychotherapy, 1st Edition, Babeş-Bolyai University.  
 2011. – Excellency Award "Teacher of the Year", Babeş-Bolyai University Cluj-Napoca.  
 2011 - "Florian Ștefănescu-Goangă" Award for Young Ph.D. in the field of Psychology, 1st Edition, Babeş-Bolyai University.  
 2005- *The Albert Ellis Award for Young Professionals*, Program for Research in the Theory and Practice of Rational-Emotive and Cognitive-Behavioral Psychotherapies; Project Title: Rational beliefs and illusory mental health.

Scholarships/Fellowships

07.2013 - Visiting Scholar at City University of New York, Hunter College, Department of Psychology, Regulation of Emotion in Anxiety and Depression Lab.  
 07.2011-08.2011- Visiting Scholar at Mount Sinai School of Medicine, Department of Oncological Sciences, NYC, USA.

**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)

#### 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 asigurarilor -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 paradental 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. Bischops, A.C., Sieper, L., Dukart, J. et al. (2024). Resilience strengthening in youth with a chronic medical condition: a randomized controlled feasibility trial of a combined app and coaching program. *Eur Child Adolesc Psychiatry*, <https://doi.org/10.1007/s00787-024-02395-w>
2. Leijten, P., Rienks, K., Groenman, A., Anand, M., Kömürçü Akik, B., David, O., Kızıltepe, R., Thongseiratch, T., & Catarina Canário, A. (2024). Online parenting Support: Meta-Analyses of Non-Inferiority and additional value to In-Person support. *Children and Youth Services Review*, 107497. <https://doi.org/10.1016/j.childyouth.2024.107497>
- Pei, J., Amanvermez, Y., Vigo, D., Puyat, J., Kessler, R. C., Mortier, P., Bruffaerts, R., Rankin, O., Chua, S. N., Martínez, V., Rapsey, C., Fodor, L. A., David, O. A., Garcia, C., & Cuijpers, P. (2024). Sociodemographic correlates of mental health treatment seeking among college students: A systematic review and meta-analysis. *Psychiatric Services*. <https://doi.org/10.1176/appi.ps.20230414>
3. David, O. A., Tomoiagă, C., & Fodor, L. A. (2024). Gamified assessment of the emotion-regulation abilities in youths: Validation of the rethink online game-based assessment system. *Games for Health Journal*. <https://doi.org/10.1089/g4h.2023.0011>
4. David, D., Iuga, I. A., & Miron, I. S. (2023). Parenting: there is an app for that. A systematic review of parenting interventions apps. *Children and Youth Services Review*, 156, 107385. <https://doi.org/10.1016/j.childyouth.2023.107385>
5. David, D., & Fodor, L. A. (2023). 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*, 32(10), 1853–1862. <https://doi.org/10.1007/s00787-022-02002-w>
6. Roșca, G. M., Iuga, I. A., & David, D. (2023). “Inside-out mechanisms of parental practices and children’s externalizing problems: the role of authoritarian parenting style, parental irrational beliefs, emotion regulation, and distress”. *Current Psychology*. <https://doi.org/10.1007/s12144-023-04539-8>
7. Terjesen, M. D., Artiran, M., Claffey, J., David, O., Jordana, A., Outar, L., Palmer, S., Goldman, S., & Turner, M. J. (2023). The Science of REBT as it Relates to Performance: Are We in the Starting Blocks or Near the Finish Line? *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 41(2), 272–289. <https://doi.org/10.1007/s10942-023-00500-7>
8. David, O., & Fodor, L. A. (2023). Preventing mental illness in children that experienced maltreatment the efficacy of RETHink online therapeutic game. *Npj Digital Medicine*, 6(1). <https://doi.org/10.1038/s41746-023-00849-0>
9. Iuga, I. A., David, D., & David, O. (2023). The RETHink Online Therapeutic Game: A Usability Study. *Children (Basel)*, 10(8), 1276. <https://doi.org/10.3390/children10081276>
10. Iuga, I. A., David, O., & Danet, M. (2023). Student Burnout in Children and Adolescents: The role of attachment and Emotion Regulation. *Children (Basel)*, 10(9), 1443. <https://doi.org/10.3390/children10091443>.
11. MD Terjesen, M Artiran, J Claffey, O David, A Jordana, L Outar, S Palmer, ... (2023). The Science of REBT as it Relates to Performance: Are We in the Starting Blocks or Near the Finish Line? *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-18.
12. GM Roșca, IA Iuga, OA David (2023). Inside-out mechanisms of parental practices and children’s externalizing problems: the role of authoritarian parenting style, parental irrational beliefs, emotion regulation. *Current Psychology*, 1-15.
13. OA David, LA Fodor, MD Dascăl, IS Miron (2023). The efficacy of online parenting interventions in addressing emotional problems in children and adolescents: A meta-analysis of randomized controlled trials. *International Journal of Social Psychiatry*, doi: 00207640231156034
14. C Tomoiagă, O David (2023). Is cognitive-behavioral coaching an empirically supported approach to coaching? a meta-analysis to investigate its outcomes and moderators. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-22.
15. 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>

16. David, O. A., Stroian, 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>
17. 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/fpsyt.2022.82848
18. 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>
19. David, O. A., Cardos, R. A. I., & Predatu, R. (2021). Effectiveness of the RETHink therapeutic online video game in promoting mental health in children and adolescents. *Internet Interventions*.
20. 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>
21. 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.
22. 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>
23. 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. *Child Youth Care Forum*. Doi: <https://doi.org/10.1007/s10566-020-09566-1>
24. 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>
25. 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
26. 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>
27. 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>.
28. 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.
29. 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>
30. 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.
31. 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
32. 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>
33. 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>
34. David, O. A., Cardos, R. A. I., & Matu, S. A. (2019). Changes in irrational beliefs are
35. 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>
36. 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.
37. 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.
38. 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>
39. 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.

40. 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
41. 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
42. Sorokowska, A. et al. (2017). Preferred Interpersonal Distances: A Global Comparison. *Journal of Cross-Cultural Psychology*, 48(4), 577–592.
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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)

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