

CURRICULUM VITAE



1. PERSONAL INFORMATION

Last name, first name: Cardoso (Oltean), Roxana Andreea-Ioana

Date and place of birth: 22.12.1988, Baia-Mare, Romania

Nationality: Romanian

Work address: No. 37, Republicii Street, Cluj-Napoca

Presently held academic positions: assistant professor

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2. DOMAINS OF SCIENTIFIC INTEREST

- Efficacy of psychological treatments in mental health.
- Efficacy of scientifically validated technology-based interventions.
- Prevention in mental health.
- Cognitive mechanisms involved in psychotherapeutic interventions.

3. PROFESSIONAL EXPERIENCE

3.1. Present:

February 2024 - Present: Assistant Professor, Babeş-Bolyai University, Faculty of Psychology and Educational Sciences, Department of Clinical Psychology and Psychotherapy; courses: Evolutionary Psychology, Genetic Counseling, Clinical Practice.

3.2. Past:

September 2017- February 2024: Clinical Psychologist, Babeş-Bolyai University Psychology Clinic; Clinical psychologist and cognitive-behavioral psychotherapist- services for the community.

September 2017- February 2024: Associate Lecturer, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy; *Head of the disciplines: Clinical Psychology and Individual and Group Psychotherapy, Genetic Counseling and Evolutionary Psychology.*

March 2019 – July 2024: Researcher, Babeş-Bolyai University, Faculty of Psychology and Educational Sciences, Department of Clinical Psychology and Psychotherapy.

2021-2022: Post-doctoral Researcher, Babeş-Bolyai University; UEFISCDI; Project "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: Post-doctoral Researcher, Babeş-Bolyai University; UEFISCDI; Project "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, Babeş-Bolyai University, Advisors: Dr. Oana David.

2014-2017: Research Assistant, Babeş-Bolyai University; 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: Research Assistant, Babeş-Bolyai University; 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: Psychologist, Babeş-Bolyai University; Project on Secondary Education (ROSE), Non-competitive Grant Scheme for Universities; Beneficiary: Babeş-Bolyai University; Sub-project Title: Stop Dropping Out of Mate-Info! Yes to your future! (STAY!)

2017- January 2019: Trainer, Babeş-Bolyai University, ERASMUS+ Programme – Strategic Partnership, Project Nr. 2017-RO01-KA201-037459, Cluj-Napoca (Romania); *developer and trainer of a program that aimed to strengthen the capacity of professionals working in schools with children and young people with ASD.*

July 2015: Visiting Research Fellow, University of Würzburg, Department of Psychology, Biological Psychology, Clinical Psychology, and Psychotherapy, Würzburg, Germany under the supervision of Paul Pauli, Ph.D.

February 2015- July 2015: Psychologist, Cluj IT Company; POSDRU Project, POSDRU/161/2.1/G/138033; *Increasing employability through successful practice (PRACT-IT).*

September 2013- December 2016: Clinical Psychologist, DELTA-PSI, Professional Psychology Clinic, Cluj-Napoca; *Clinical psychologist and cognitive-behavioral psychotherapist- services for the community.*

4. EDUCATION

September 2013 - July 2017: PhD Studies, “Psychodiagnosis and Evidence-Based Psychological Interventions” Doctoral School, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy; Scientific Coordinator: Prof. Univ. Dr. Daniel David; Thesis: A Multilevel Analysis of Computer-Mediated Interventions in Flight Anxiety.

2011-2013: Master’s Degree in “Clinical Psychology, Psychological Counseling, and Psychotherapy”, Faculty of Psychology and Educational Sciences, Babeş-Bolyai University, Cluj-Napoca.

2008-2011: Bachelor’s degree in psychology, Faculty of Psychology and Educational Sciences, Babeş-Bolyai University, Cluj-Napoca.

5. AWARDS

2017: “Florian Ștefănescu Goangă Award” for young Ph.D. in the field of psychology, Babeș-Bolyai University, Cluj-Napoca, Romania.

2017, 2018, 2019: Yearly publication awards, Romanian National Council for Scientific Research (CNCS).

2020: Fellowship – Entrepreneurial project for innovation through doctoral and postdoctoral research (Babes-Bolyai University, 2020).

6. TEACHING EXPERIENCE

2013-February 2024: Associate Lecturer, Clinical Practice, Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Cluj-Napoca.

2019- February 2024: Associate Lecturer, Clinical Psychology and Individual and Group Interventions, Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Cluj-Napoca.

2017-2022: Associate Lecturer, Cognitive-Behavioral Interventions in Work-Organizational Psychology, Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Cluj-Napoca.

2017-present: Associate Lecturer, Genetic Counseling, Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Cluj-Napoca.

2019-present: Associate Lecturer, Evolutionary Psychology, Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Cluj-Napoca.

7. OTHER COMPETENCES

- *Clinical psychologist and psychotherapist in cognitive-behavioral psychotherapy*, certified by the Romanian Board of Psychologists (qualification level: practitioner).
- *Train the Trainers Certificate*, National Council in Adult Training.

8. LANGUAGES

- Romanian - native language
- English - Advanced (European Level C1)
- French - Intermediate (European Level B1)
- Italian - Basic (European Level A1)

9. POSITIONS IN PROFESSIONAL ORGANIZATIONS

- Member of the College of Psychologists of Romania.
- Member of the Romanian Association of Cognitive-Behavioral Psychotherapies.
- Member of the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health.

10. RESEARCH GRANTS

10.1. Principal investigator (PI)

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

2022-2024: 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), Babeş-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. Member of the research team

REThinkEmotions, UEFISCDI, 2021-2022, PI: Oana David, Ph.D., Babeş-Bolyai University, Romania.

REThinkWell, UEFISCDI, 2020-2021, PI: Oana David, Ph.D., Babeş-Bolyai University, Romania.

REThink: Evidence-based therapeutic online game for child and adolescent mental health, UEFISCDI, 2014-2017, PI: Oana David, Ph.D., Babeş-Bolyai University, Romania.

Bio-H App: A Clinical Trial Study for the Investigation of the Efficiency of a Smartphone Application for the Management of Breast Biopsy Symptoms, UEFISCDI, 2015-2017, PI: Madalia Sucala, Ph.D., Babeş-Bolyai University, Romania and Mount Sinai School of Medicine, New York, USA.

11. PUBLICATIONS

11.1. Indexed ISI Web of Science (with impact factors)

- Dumitru EP, **Cardos RAI**, Milea I, Gambarota F, Altoè G, David DO, Cristea IA. A meta-analysis of the association of death anxiety with psychological distress and psychopathology. *Nat Hum Behav.* 2025 Mar 3. doi: 10.1038/s41562-025-02115-7. Epub ahead of print. PMID: 40033136.
- **Cardos, R. A.**, Dumitru, E. P., & David, O. A. (2024). OCD: protocol for the development and evaluation of a cognitive-behavioral prevention program for obsessive-compulsive disorder. *BMC psychiatry*, 24(1), 348.
- Dumitru, E. P., **Roxana, C. A.**, Oltean, H. R., Bilc, M. I., & David, D. O. (2024). Death Anxiety in the COVID-19 Pandemic: Testing REBT Models of Psychopathology and Psychological Health of Death Anxiety. *Psychological Reports*, 00332941241242396.
- **Cardos, R. A.**, Crețu, I. I., & Dumitru, E. P. (2024). Breaking the chain: The role of irrational thinking in our fear of war and death. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-10.
- **Cardos, 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., Costescu, C., **Cardos, R.**, & Mogoșe, 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., & **Cardos, R. A.** (2021). Effectiveness of the RETHink therapeutic online video game in promoting mental health in children and adolescents. *Internet Interventions*, 25, 100391 (IF=3.51).
- David, O. A., **Cardos, 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., **Cardos, R. A.**, & Matu, S. (2018). Changes in irrational beliefs are 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 & adolescent psychiatry*, 1-12
- Sucala, M., Cuijpers, P., Muench, F., **Cardos, R.**, Soflau, R., Dobrean, 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
- **Cardos, R. A.**, Șoflău 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 O.A., Predatu R., & **Cardos R.A.** (accepted). 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*
- David, D., Bizo, A., Cimpean, A. I., Oltean, H., **Cardos, R.A.**, Soflau, R., & Negut, A. (2017). The effect of research method type on stereotypes' content: a brief research report. *The Journal of Social Psychology*, 1-14

11.2. Articles published in ISI Proceedings volumes

- **Cardos, 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., **Cardos, 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.

11.3. Chapters published in prestigious foreign publishing (ISBN) indexed WorldCat

- 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.
- David, D., **Cardos, R.**, Căndea, D., Oltean, H., & Ștefan, S. (2019). REBT and depressive disorders. *REBT with diverse client problems and populations*, 23-44.
- 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 O.A., **Cardos R.A.**, & Oltean H. (2018). Parent and family coaching. In M.E. Bernard & W. Dryden (Eds.), *REBT: Advances, in theory, research, prevention, promotion*. New-York: Springer Press

12. PAPER PRESENTED AT NATIONAL AND INTERNATIONAL CONFERENCES

- **Cardos, R.**, David, O.A., Mogoșe, 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., **Cardos, 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., Mogoșe, C., Costescu, C., **Cardos, 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., **Cardos, 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., **Cardos, 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.
- **Cardos, 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.
- **Cardos, 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. Mogoșe, C., Costescu, C., Sucală M., & **Cardoș, 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. Mogoșe, C., Costescu, C., Sucală M., & **Cardoș, 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. Mogoșe, C., Costescu, C., Sucală M., & **Cardoș, 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.
- **Cardoș, 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.

13. INVITED REVIEWER

Ad-hoc reviewer for the following journals:

- Journal of Rational-Emotive & Cognitive-Behavior Therapy;
- Computers in Human Behavior
- BMJ Open

14. STATISTICAL SOFTWARE SKILLS

- SPSS (excellent)
- Microsoft Excel (excellent)
- Comprehensive Meta-Analysis (excellent)
- Mplus (medium)
- Inquisit (medium)

- PsychoPy (medium)
- BrainVision Analyzer (basic)
- SuperLab (basic)

15. RESEARCH SKILLS

- Experienced in designing, implementing, and analyzing data from experimental and meta-analytical studies.
- Skills in recruiting, planning, and organizing protocols for psychological studies.
- Experience in programming experimental tasks.
- Experience in writing and publishing high-impact scientific articles.
- Critical analysis of scientific articles.