

PERSONAL INFORMATION

Oana Alexandra DAVID



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

+40-264-43-41-41

Oana.David@ubbcluj.ro

<http://rethinkplatform.ro/> <http://www.ubbcluj.ro/> www.clinicalpsychology.ro

ORCID: <https://orcid.org/0000-0001-8706-1778>

Google Scholar Profile: <https://scholar.google.ro/citations?user=88Bk8loAAAAJ&hl=en>

RESEARCH INTERESTS

Digital Mental Health, Technology Based Personalised Psychological Interventions for Stress Management and for Addressing Emotional Disorders in Youths and Adults

PROFESSIONAL
CERTIFICATION

Clinical psychologist, practitioner in Cognitive-Behavioral Psychotherapies certified by the Albert Ellis Institute, New York and the European Association of Cognitive and Behavioral Psychotherapies; Supervisor in psychotherapy and clinical psychology certified by the Romanian Board of Psychologists

WORK EXPERIENCE

2021-present

Full professor

Babes-Bolyai University Cluj-Napoca, Department of Clinical Psychology and Psychotherapy
(<http://www.ubbcluj.ro/> 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 applied cognitive-behavioural interventions, parenting programs

Head of the International Institute for Mental Health (<https://psychotherapy.psiedu.ubbcluj.ro/>)

Head of the "Babes-Bolyai – PsyTech" Psychological Clinic (2019-present) and the International Coaching Institute (2009-present), psychological services units of the BBU

Director of the DATA Lab - Digital Affective Technologies in Therapy and Assessment Lab, and PAIN T Lab - Parent Interventions Lab, part of the International Institute for Mental Health;

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

Business or sector Higher education and research

2015 - 2021

**Associate professor habil. /2011-2015 Senior assistant professor / 2008-2011
Researcher**

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

Head of the Master program of the Department: Psychological techniques for behaviour management and human potential development (2020-present)

2008 - 2011

HR Specialist

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

Business or sector Human Resources

2007 - 2008

HR Consultant

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

Business or sector Human Resources

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/czcspsc.html>)

Business or sector Child and family support services

EDUCATION AND TRAINING

- 2011-2013 **Post-doctoral researcher in Psychology**
West University Timisoara, Department of Psychology, Post-doctoral Fellowship at Columbia University & Mount Sinai School of Medicine NYC
- 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
- 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

Professional membership

2021- International Full Member of the American Psychological Society.
2020-present, Member of Faculty of Psychology and Education Sciences Council; Socio-Economic Council; BBU 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, Board Member of the Romanian Association of Cognitive and Behavioural Psychotherapies (APCCR), member of 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)
2017-present - 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), 2023 and 2024 SC1-RIA
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), BMC Psychology, International Journal of Coaching Psychology, European Journal of Counselling Theory, Research and Practice (2019-present)

Honours and awards

2023, 2025, 2026 - Excellency annual award for research from Babes-Bolyai University.
2013, 2020, 2023, 2025 - The "Nicolae Margineanu" Award for Research, Department of Clinical Psychology and Psychotherapy.
2022 - Excellency annual award for innovative and cultural services for the community, from Babes-Bolyai University.
2019 - Prize for innovative services through 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.
2011. - Excellency Award "Teacher of the Year", Babeş-Bolyai University Cluj-Napoca.
2011 - "Florian Ştefănescu-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
Irving Kirsch, Harvard Medical School
Professor Douglas Mennin, Columbia University

ANNEXES

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

Research grants

Grants/projects directed

- Jan 2025-Jan 2027 - RETHink Resilient: Strengthening emotional resilience to stress in youths based on a trauma informed approach, PCE grant number PN-IV-P1-PCE-2023-1854, UEFISCDI (1.199.524 RON).
- Jan 2024-Dec2026 - Scented Pathways: Unveiling the Relationship of Microbiomes with Olfactory Abilities and Psychological Well-Being", Grant PNRR-III-C9-2023-I8(Prof. Univ. Dr. Agnieszka Sorokowska – University of Wroclaw, Polonia, Prof. Univ. Dr. Oana David, national co-PI BBU), PNRR-III-C9-2023-I8, Contract no. 760245/28.12.202 (1.200.000 EUR);
- 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);
- 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)
- 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)
- 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: Wellbeing Academy-Caring Universities - National Consortium Student Mental Health Needs Assessment Survey.
- 2021-present, National coordinator, Wellbeing Academy-Caring Universities - Student Mental Health Support Interventions at PsyTech-Babes-Bolyai Psychology Clinic BBU.
- 2020-present, Director, Grant UBB for research-competitiveness-excellence - Annual Support Grant for Journal of Evidence-Based Psychotherapies.
- Jan 2019- 2022 - Director, Grant UBB for research-competitiveness -excellence (AGC36022/30.12.2019; AGC 1235, AGC12351236)
- 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).
- August-2014-august 2015 - Co-director, Psychobiological Correlates of Elizabeth Arden's cream Fragrance, Elizabeth Arden LTD New York (50.000 EUR).
- 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).
- 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.
- Dec. 2010-Jan. 2012 - Principal Investigator, Grant Nokia – Internal Coach Academy, Babes-Bolyai University, International Coaching Institute (16.000 Euro).
- 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

- 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.
- 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.
- 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.
- 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.
- March 2013 - September 2014, Expert mental health and coaching, Grant EduCare FP7, European Commission.
- March-September 2012, Researcher, iSofie-Internet based Treatment for Social Anxiety Disorder in Romania, Coordinator: Babes-Bolyai University, Partner Linkoping University, Linkoping, Sweden.
- 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.
- 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.
- 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.
- 2008 – 2011- Researcher, The role of cognitive-behavioral psychotherapy in the surgical parodontal treatment: an RCT. PSIDENT, (Romanian National Research Council)
- 2007-2008 - Researcher, "Psychotherapy versus medication in the treatment of ADHD; Amultisite randomized clinical trial", National Grant from Romanian Education and Research Ministry (MEdC) and Excellency Research (CEEEx).
- 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, Oana A; Tomoiagă, Cristina; Fodor, Liviu A. (2025). The MoodWheel app: validation and factor structure of a new tool for the assessment of mood based on the experience sampling method, *The Journal of General Psychology*, 152, 2, 220-236.
2. Iuga, I. A., & David, O. A. (2025). Validation of the School Burnout Inventory: Establishing cut-off scores for early identification of student burnout. *School Mental Health*, 17(4), 1342–1356. <https://doi.org/10.1007/s12310-025-09810-w>
3. David, O. A., Tomoiagă, C., & Iuga, I. A. (2026). Validation and standardization of the Childhood Trauma Screener among Romanian children, adolescents, and college students. *Journal of Traumatic Stress*. Advance online publication. <https://doi.org/10.1002/jts.23210>
4. David, O. A., Miron, S., & Tomoiagă, C. (2025). Measuring self-compassion in college students: Construct validity and factorial analysis of the Self-Compassion Scale–Short Form in the Romanian college student population. *Acta Psychologica*, 261, 106004. <https://doi.org/10.1016/j.actpsy.2025.106004>
5. Canário, Ana Catarina; Pinto, Rita; Silva-Martins, Marco; Rienks, Karen; Akik, Burcu Kömürçü; Stanke, Koraljka Modić; David, Oana; Kızıltepe, Rukiye; Melendez-Torres, GJ; Thongseiratch, Therdpong. (2025). Online parenting programs for children's behavioral and emotional problems: A network meta-analysis, *Prevention Science*, 26, 4, 592-609, 2025, Springer US New York.
6. David, Oana A; Tomoiagă, Cristina. (2025). Game-Based Assessment of Emotion Regulation Abilities in College Students. A Usability Study of the RE Think Life Game Assessment System, *International Journal of Human–Computer Interaction*, 1-8, Taylor & Francis
7. Iuga, I., Fodor, Liviu A., David, O. A. (2025). Cognitive emotion regulation strategies and academic burnout dimensions in children and adolescents: a network analysis approach, *Current Psychology*, 44, 7, 5480-5493, Springer US
8. Zhao, Ruiying; Amanvermez, Yagmur; Pei, Julia; Castro-Ramirez, Franchesca; Rapsey, Charlene; Garcia, Claudia; Ebert, David D; Haro, Josep Maria; Fodor, Liviu A; David, Oana A; (2025). "Research Review: Help-seeking intentions, behaviors, and barriers in college students—a systematic review and meta-analysis", *Journal of child psychology and psychiatry*.
9. Renteria, Roberto; Andersson, Claes; Bendtsen, Marcus; Mortier, Philippe; Auerbach, Randy P; Bantjes, Jason; Baumeister, Harald; Berman, Anne H; Bootsma, Erik; Bruffaerts, Ronny. (2025). Mental disorders and sexual orientation in college students across 13 countries of differing levels of LGBTQ+ acceptance, *Journal of Psychiatric Research*, 186, 331-340, Pergamon
10. David, Oana A; Tomoiagă, Cristina. (2025). The 3D RE Think Life Game, a Game-Based Intervention for Training Emotion Regulation Abilities, *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 43, 2, 27, Springer US New York
11. Mortier, Philippe; Yang, Xue; Altwajri, Yasmin A; Holdcraft, Jacob A; Lee, Sue; Sampson, Nancy A; Albor, Yesica; Alhadi, Ahmad N; Alonso, Jordi; Al-Saud, Nouf K. (2025). The associations of childhood adversities and mental disorders with suicidal thoughts and behaviors-Results from the World Mental Health International College Student Initiative, *Psychiatry research*, 116555, Elsevier
12. Husky, Mathilde M; Lee, Sue; Sampson, Nancy A; Borowski, Shelby; Albor, Yesica; Alhadi, Ahmad N; Alonso, Jordi; Al-Saud, Nouf K; Altwajri, Yasmin A; Andersson, Claes. (2025). Childhood adversities and their associations with mental disorders in the World Mental Health International College Student surveys initiative, *Psychiatry research*, 351, 116585, Elsevier
13. Roest, Annelieke M; de Vries, Ymkje Anna; Pozuelo, Julia R; Petukhova, Maria V; Lee, Sue; Sampson, Nancy A; Albor, Yesica; Alhadi, Ahmad N; Alonso, Jordi; Al-Saud, Nouf. (2025). Comorbidity and temporal associations between mental disorders among college students in the world mental health international college student initiative, *Psychiatry research*, 351, 116605, Elsevier
14. Tomoiagă, Cristina; David, Oana. (2025). How Much Does Coaching Relationship Matter for the Outcomes? The Role of the Coaching Relationship Components When Using a General or Cognitive-Behavioral Approach in Coaching, *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 43, 3, 42, Springer US New York
15. Varnum, Michael EW; Kirsch, Amanda P; Beal, Daniel J; Pick, Cari M; Al-Shawaf, Laith; Ambrosio, Chiara; Barbato, Maria Teresa; Barry, Oumar; Boonyasiriwat, Watcharaporn; Brandstätter, Eduard. (2025). Commonly observed sex differences in direct aggression are absent or reversed in sibling contexts, *PNAS nexus*, 4, 8, pgaf239, 2025, Oxford University Press US.
16. Tomoiagă, C., & David, O. A. (2025). How much does coaching relationship matter for the outcomes? The role of the coaching relationship components when using a general or cognitive-behavioral approach in coaching. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 43, 42. <https://doi.org/10.1007/s10942-025-00590-5>
17. Buchanan, Erin M; Cuccolo, Kelly; Heyman, Tom; van Berkel, Niels; Coles, Nicholas A; Iyer, Aishwarya; Peters, Kim; van't Veer, Anna Elisabeth; Montefinese, Maria; Maxwell, Nicholas P; , Measuring the semantic priming effect across many languages, *Nature Human Behaviour*, Nature Research
18. Mason, A., Rapsey, C., Sampson, N., Lee, S., Albor, Y., Al-Hadi, A. N., ... & van der Heijde, C. (2025). Prevalence, age-of-onset, and course of mental disorders among 72,288 first-year university students from 18 countries in the World Mental Health International College Student (WMH-ICS) initiative. *Journal of Psychiatric Research*. <https://doi.org/10.1016/j.jpsychires.2025.02.016>.
19. David, O. A., & Tomoiagă, C. (2025). Game-Based Assessment of Emotion Regulation Abilities in College Students. A Usability Study of the RE Think Life Game Assessment System. *International Journal of Human–Computer Interaction*, 1–8. <https://doi.org/10.1080/10447318.2025.2462749>.
20. Sîrbu, V., David, O. A., Sanchez-Lopez, A., & Blanco, I. (2025). Comparative efficacy of PsyPills and OCAT mobile psychological interventions in reducing depressive, anxiety and stress symptoms: A blinded randomized trial. *Journal of Affective Disorders*. Doi: <https://doi.org/10.1016/j.jad.2024.10.052>.

21. David, O. A., Tomoiagă, C., & Fodor, L. A. (2024). The MoodWheel app: validation and factor structure of a new tool for the assessment of mood based on the experience sampling method. *The Journal of General Psychology*, 1-17. Doi: <https://doi.org/10.1080/00221309.2024.2378284>.
22. 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*. Doi: <https://doi.org/10.1089/g4h.2023.0011>.
23. Bischops, A. C., Sieper, L., Dukart, J. et al. Resilience strengthening in youth with a chronic medical condition: a randomized controlled feasibility trial of a combined app and coaching program. *Eur Child Adolescent Psychiatry* (2024). Doi: <https://doi.org/10.1007/s00787-024-02395-w>.
24. Sieper, L., Kerth, J., Schneble, D., Tomoiaga, C., David, O., Mayatepek, E., Meissner, T., & Bischops, A. C. (2024). A qualitative study exploring adolescents' perspectives of resilience training for chronic medical conditions. Doi: <https://doi.org/10.21203/rs.3.rs-4081993/v1>.
25. Tomoiagă, C., Gheorghiu, R., & David, O. A. (2024). USABILITY OF AN ECOLOGICAL MOMENTARY ASSESSMENT APP FOR MOOD EVALUATION IN YOUNG ADULTS – THE MOODWHEEL APP. *Journal of Evidence-Based Psychotherapies*, 24(1), 135-143. Doi: 10.24193/jebp.2024.1.8
26. David, O. A., & 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. Doi: <https://doi.org/10.1007/s00787-022-02002-w>.
27. 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). Doi: <https://doi.org/10.1038/s41746-023-00849-0>.
28. Iuga, I. A., Tomoiaga, C. T., & David, O. A. (2023). The RETHink Online Therapeutic Game: A Usability Study. *Children (Basel)*, 10(8), 1276. Doi: <https://doi.org/10.3390/children10081276>.
29. 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.
30. GM Roșca, I A Iuga, O A 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
31. O A David, L A Fodor, M D Dascăl, I S 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
32. 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.
33. David, O. A., Stroeian, 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>
34. 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
35. 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>
36. 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*.
37. 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>
38. 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.
39. 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>
40. 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>
41. 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>
42. 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
43. 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>
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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 100 papers presented at international and national conferences (a selection since 2015 can be found [here](#))

Invited lectures/presentations

Over 25 - selection during previous five years

04.2025 – lecturer Mindfulness in Corporate Governance, Executive Education program in Corporate Governance, Columbia University with BBU

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 - 05.2011 Training of the trainers in the Romanian-Canadian MBAP 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 innovations

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

- The REThink Parenting program and REThink Emotions Platform

- 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