Curriculum vitae Europass



Personal Information

First Name / Surname	**Isbășoiu Andreea Bogdana**
E-mail	andreea.isbasoiu@unitbv.ro
Nationality	Romanian
Gender	Female
Occupational field	**Psychology**

Professional Experience

Period	**October 2024 - present**
Position	**Lecturer, PhD, Department of Psychology, Education and Teacher Training, Faculty of Psychology and Education Sciences - Transilvania University of Brașov**
Main Activities and Responsibilities	1. Teaching courses and seminars, conducting classes according to the teaching load; 2. Developing materials: creating and updating course syllabi, bibliographies, and practical guides for students; 3. Student evaluation: drafting exam topics, grading assignments, and marking exams; 4. Tutoring and mentoring: providing consultations to students, coordinating individual study, and supervising Bachelor's theses or Master's dissertations; 5. Publishing and literature review: conducting studies and publishing specialized articles in national and international academic journals; 6. Participation in conferences: involvement in specialized symposia, congresses, and workshops.
Period	**October 2022 – October 2024**
Position	**Assistant Professor, PhD, Department of Psychology, Education and Teacher Training, Faculty of Psychology and Education Sciences - Transilvania University of Brașov**
Main Activities and Responsibilities	1. Conducting teaching and seminar activities; 2. Performing scientific research activities; 3. Developing and updating course descriptions; 4. Reporting on teaching and research activities.
Period	**September 2020 – September 2023**
Position	**Research Assistant in Psychology, Faculty of Psychology and Education Sciences - West University of Timișoara**
Main Activities and Responsibilities	1. Planning and designing online psychotherapeutic intervention programs; 2. Implementing intervention programs; 3. Conducting pilot studies for interventions; 4. Providing professional feedback to participants, aimed at encouraging healthy behaviors and attitudes, and stimulating therapeutic progress throughout the treatment programs;

5. Recruiting and selecting participants for online studies;
6. Collecting data regarding the objective evolution of participants in the studies;
7. Contributing to the drafting of specialized articles resulting from project studies.

Period **December 2015 – Present**
Position **Clinical Psychologist – Autonomous Practitioner Level**
Main Activities and Responsibilities
1. Psychotherapist – Autonomous Practitioner Level, with the following credentials: Cognitive-Behavioral Psychotherapy, Experiential Psychotherapy and Hypnotherapy, Neuro-Lingual Programming, and Coaching.

Education and Training

Period **2017 - 2021**
PhD in Psychology
Faculty of Sociology and Psychology
West University of Timișoara

Period **2011 - 2013**
Master's Degree in Clinical Psychology, Psychological Counseling, and Psychotherapy Faculty of Psychology and Education Sciences
Babeș-Bolyai University, Cluj-Napoca

Period **2008 – 2011**
Bachelor's Degree in Psychology
Faculty of Psychology and Education Sciences
Transilvania University of Brașov

Period **2001 – 2004**
Postgraduate Diploma in Communication and Public Relations
National University of Political Studies and Public Administration – Bucharest, "David Ogilvy" Faculty of Communication and Public Relations

Period **1996 – 2000**
Bachelor's Degree in Law
"Simion Bărnuțiu" Faculty of Law
Lucian Blaga University of Sibiu

Period **1992 – 1996**
"Andrei Șaguna" National College, Brașov
Mathematics – Physics, Bilingual English Class

Publications

Marian, S., Crisan, I., Varga, S.S., Isbasoiu A.B. (2026). **Romanian Adaptation and Validation of the Multidimensional Psychological Flexibility Inventory**. Evaluation & the Health Professions 2026, Vol. 0(0) 1–16. doi: 10.1177/01632787261430842;

Sălăgean, Latu, Larsen, Isbășoiu & Sava (2026). **Reducing prejudice against the LGBTQ+ community in Romanian teachers via an Internet-delivered Intervention: Results from a Randomized Controlled Trial.** JMIR Hum Factors 13: e63787, doi: 10.2196/63787. PMID: 41544249; PMCID: 12810945;

Latu, Salagean, Larsen, Isbasoiu & Sava (2024). **Testing the effectiveness of an intervention to improve Romanian teachers' LGBT+ related attitudes, cognitions, behaviors, and affect: A Randomized Controlled Trial.** JMIR Research Protocols 13: e54254. doi: 10.2196/54254. PMID: 38652533; PMCID: PMC11077405;

Isbășoiu, A.B. (2023). **The Influence of the Self-concept's Dimensions over the Intensity of Anxiety and Depression Symptoms**. Ed. Presa Universitară Clujeană, Cluj-Napoca;

Isbășoiu, A.B. (2023). **A Cognitive-behavioral Intervention Delivered in Dog-phobia: A Single Subject Experiment**. Revista de Psihologie a Academiei Române 69(1), 41-57;

Isbășoiu, A.B. (2022). **The Effectiveness of a Cognitive-behavioral Therapeutic Program Delivered Online in Reducind Social Anxiety Symptoms**. Bulletin of Transilvania University 15(64), 119-132; https://doi.org/10.31926/but.ssl.2022.15.64.2.1

Isbășoiu, A.B. (2022). **A Transdiagnostic Intervention Program Delivered Online in Anxiety and Depression: A Randomized Controlled Non-Inferiority Trial**. Revista de Psihologie a Academiei Române 68(3),181-203;

Isbășoiu, A.B., Tulbure, B.T., Rusu, A., Sava, F.A. (2021). **Can we boost treatment adherence to an online transdiagnostic intervention by adding self-enhancement strategies? Results from a randomized controlled non inferiority trial.** Front.Psychol. 12:752249. doi: 10.3389/fpsyg.2021.752249;

Isbășoiu, A.B., Popescu, B.D. (2021). **The effectiveness of an online cognitive-behavioral therapeutic program in reducing depressive symptoms and improving self-parameters**. Revista de Psihologie a Academiei Române 67(1), 23-38.

Conferences

European Congress of Psychology – iulie 2023 – Brighton, UK – Presentation: An Online Intervention to Increase the Ability of LGBTQ+ People to Cope with Adverse Events: A Feasibility Study;

International Conference of Psychology Students – mai 2023 – Cluj-Napoca – Presentation: The Effectiveness of a Transdiagnostic Intervention Program Delivered Online in Anxiety and Depression;

National Conference of Psychiatry – Sept. 2020 – Iași - Presentation: An online transdiagnostic intervention program for anxiety and depression: a randomized controlled non-inferiority trial

National Conference of PhD Students from the Universitaria Consortium – Sept. 2018 – Babeş-Bolyai University, Cluj-Napoca – Presentation: Controlled clinical trial: psychotherapeutic intervention in generalized anxiety, focusing on modifying the dimensional parameters of the self-concept;

National Conference of Experiential Psychotherapy and Hypnotherapy – May 2015 – Transilvania University of Brașov – Presentation: The influence of sleep on well-being and professional performance.

Seminars Presentations

Course: Online Methods for Prevention and Psychotherapy of Anxiety – Online Counseling and Psychotherapy Association of Romania – Cluj-Napoca;
Course: Online Methods for Mental Health Promotion – Online Counseling and Psychotherapy Association of Romania – Cluj-Napoca;
Course: Psychosexology – Association of Experiential Psychotherapy and Hypnotherapy – Bucharest;
Course: The New Paradigm – Association of Experiential Psychotherapy and Hypnotherapy – Bucharest;
Course: Time is Money: Japanese Techniques of Self-organization – Romanian Association of Cognitive and Behavioral Psychotherapies – Cluj-Napoca;
Course: NLP Practitioner – Romanian Association for Neuro-Linguistic Programming, Brașov Branch;
Course: NLP Resonanz Coach – Kutschera Institute Vienna – Romania Branch;
Workshop: Intimacy: A Task for Two – Association for Adlerian Psychology and Psychotherapy of Romania;
Workshop: The Shape of Enrichment – On Behavioral Enrichment in Animals – Research Institute for Human-Animal Interaction – Cluj-Napoca;
National Conference of Psychology Brașov – Romanian Psychological Association;

International Symposium on Clinical Psychology – Universitatea Transilvania Braşov;
Conferinţa Current and Future Perspectives in Sleep and Circadian Rhythms Research - Cluj Napoca.

Proiecte

Online psychotherapist within research projects conducted on psychotherapy platforms: iSOFIE, PsiTOD, BRIO, RECOVERY (one of my PhD studies), and PACT – serving as program manager.

- https://www.iterapi.se/sites/isofie/public/4-echipa-isofie
- https://www.iterapi.se/sites/psitod/public/4-echipa-psitod
- https://e-cbt.ro/program/brio/echipa-brio
- https://e-cbt.ro/program/recovery/echipa-recovery
- https://e-cbt.ro/program/PACT/echipa-pact.

Courses

Psycho-Pedagogical Training Program, Level I – Department for Teacher Training, Transilvania University of Braşov (2008-2011);
Psycho-Pedagogical Training Program, Level II – Department for Teacher Training, Babeș-Bolyai University, Cluj-Napoca (2011-2013);
Postgraduate Psycho-Pedagogical Training Program "UVT Teaching and Learning Brand" – Department for Teacher Training, West University of Timișoara (2019-2020);
Postgraduate Program "Entrepreneurial Education and Career Counseling for PhD Students and Postdoctoral Researchers, to Organize Knowledge Transfer from Socio-Human Sciences to the Labor Market – ATRiUM" – West University of Timișoara (2019-2020).

Personal Skills and Competences

Native language: Romanian

Foreign languages: **English - Certificate in Advanced English (CAE) – Cambridge**
Spanish

Self-assessment
European level

	Understanding			Speaking				Writing	
	Listening		Reading		Spoken interaction		Spoken production		Written production	
English	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user
Spanish	B1	Independent user	B1	Independent user	B1	Independent user	B1	Independent user	B1	Independent user

Communication skills

Good communication skills acquired through teaching activities conducted since my PhD program, having delivered seminars for students at the West University of Timișoara, Faculty of Sociology and Psychology.

Organizational / managerial skills

Leading student teams in research projects during my doctoral studies; demonstrating initiative in finding the most efficient means to achieve goals; strong synthesis and analytical thinking skills; a goal-oriented focus toward reaching specific objectives; taking full responsibility within research projects; and a proven ability to execute complex activities.

Professional skills

Ability to work in a team; promptness and efficiency in carrying out activities; maintaining data confidentiality within research projects; fairness and loyalty; and a continuous commitment to personal and professional development.

Digital skills

Good command of Microsoft Office™ tools.

Driving licence

Category B