

## PERSONAL INFORMATIONS

## Mona Vintilă



 Petre Râmneanțu, Nr. 23, Ap. 1, Timișoara (România)

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Sex Female | Date of birth 01/10/1967

## PROFESSIONAL EXPERIENCE

08/04/2015–Present

**FULL PROFESSOR, Habil, MD, PhD**

West University of Timișoara, Timișoara (România)

PhD Coordination in the Health Psychology field

Habilitation Thesis defended at UBB Cluj with the title *Systemic Family Therapy Applied In Health Psychology*

Director of Master's Degree in Clinical Psychology and Psychotherapy (2010 – Present)

05/04/2009–Present

**FULL PROFESSOR, MD, PhD**

West University of Timisoara, Timisoara (Romania)

Disciplines in the undergraduate years:

- Neuropsychology
- Genetics of human behavior
- Psychosexology
- Family Psychology

Disciplines in the Clinical Psychology and Psychotherapy master's degree

- Psychological Counseling
- Health Psychology
- Individual therapy
- Psychopharmacology
- Neuropsychology
- Gottman Couple Therapy

Type or sector of activity: Teaching and research activity

01/10/2003–05/04/2009

**Assoc Professor, MD, PhD**

West University of Timisoara, Timisoara (Romania)

Disciplines in the undergraduate years:

- Neuropsychology (Course)
- Genetics of human behavior (Course)
- Psychosexology (Course and Seminar)

Disciplines in the Family and Couple Counseling and Clinical Psychology master's degree

- Family and Couple Communication (course – Family and Couple Counseling master's degree)

- Health Psychology of Couples and Family (course – Family and Couple Counseling master's degree)
- Physiology of female sexuality (course – Family and Couple Counseling master's degree)
- Psychopharmacology (course – Clinical Psychology Master's Degree)

- Applied Neuropsychology (course – Clinical Psychology Master's Degree)

**Type or sector of activity** Teaching and research activity

1999–30/09/2002

**Lecturer, MD, PhD**

West University of Timisoara, Timisoara (Romania)

Disciplines in the undergraduate years:

- Neuropsychology (course)
- Neurocybernetics (course)
- Psychosexology (course and seminar)
- Hygiene and mental health (course and seminar)

Disciplines for postgraduates and in-depth studies:

- Family and Couples Communication (course – postgraduate studies Family and Couple Counseling)
- Health Psychology of Couples and Family (course – postgraduate studies Family and Couple Counseling)
- Psychopharmacology (course – in-depth studies Clinical Psychology)

Psychology)

- Applied Neuropsychology (course – Clinical Psychology Master's Degree)

**Type or sector of activity** Teaching and research activity

1996–1999

**Assistant Professor, MD**

West University of Timisoara, Timisoara (Romania)

Disciplines

- Neuropsychology (course and seminar)
- Neurocybernetics (course)
- Hygiene and mental health (course and seminar)
- Deontology (seminar)

1994–1996

**Assistant Professor, MD**

West University of Timisoara, Timisoara (Romania)

Disciplines

- Neuropsychology (course and seminar)
- Neurocybernetics (course and seminar)
- Deontology (seminar)

**Type or sector of activity** Teaching and research activity

2017–Present

**Director of the master's degree in Clinical Psychology and Psychotherapy**

West University of Timisoara

2010–2017

**Director of the master's degree in Clinical Psychology and Psychological Counseling**

West University of Timisoara

2005–2008 **Managerial and leadership activity: Scientific Chancellor of the Faculty of Sociology and Psychology from UVT**

West University of Timisoara

Type or sector of activity Managerial, leadership and administrative activity

1998 **Medical practice activity: Medical specialist**

Timișoara Municipal Hospital, Timișoara (România)

Providing specialized medical services

Type or sector of activity Medical activity

1995–1998 **Resident physician – General Pediatrics**

Timișoara Municipal Hospital, Timișoara (România)

Providing specialized medical services

Type or sector of activity Medical activity

1994–1995 **Intern**

Timișoara Municipal Hospital, Timișoara (România)

Providing specialized medical services with supervision

Type or sector of activity Medical activity

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## EDUCATION AND TRAINING

2010 **Diploma in the Practice and Theory of Systemic Family and Psychotherapy – specialist therapist and supervisor**

Dianoia Association, Timisoara (Romania)

Psychology, Psychopathology and Family Psychotherapy

Specialist therapist and supervisor

2008 **Diploma in the Practice and Theory of Systemic Family Psychotherapy – advanced level – autonomous therapist**

Dianoia Association, Timisoara (Romania)

Psychology, Psychopathology and Family Psychotherapy

Advanced level – autonomous therapist

2006 **Diploma in Theory and Practice of Systemic Family Psychotherapy – intermediate level Therapist under supervision**

AREOPAGUS Regional Center for Social Integration and Human Development, Timisoara (Romania)

Psychology, Psychopathology and Family Psychotherapy

Intermediate level - Therapist under supervision

1996–2001 **Doctor in medical sciences– 2002**

“Victor Babeș” University of Medicine and Pharmacy Timisoara, Timisoara (Romania)

Doctor of medical sciences – 2002, with the thesis Evolution and long-term psycho-intellectual performances of premature newborns, coordinated by Prof. univ.dr. Valentin Boțu, published in 2003, at

Mirton Publishing House, Timisoara, with the title Prematurity. Causes, perception of one's own health, relationships, school orientation.

Health psychology, Mental health, Pediatrics, Neonatology, Child psychology. Evaluation of children and adolescents born prematurely

**1995–1998 Specialist Doctor – General Pediatrics**

"Victor Babeş" University of Medicine and Pharmacy Timisoara, Timisoara (Romania)

General medicine, Pediatrics, Neonatology, Child neuropsychiatry, Child evaluation and intervention

**1987–1993 Doctor of medicine – with an final mark of 9.98**

"Victor Babeş" University of Medicine and Pharmacy Timisoara, Timisoara (Romania)

General Medicine

**2011–2012 Other specializations – Trainer of trainers**

West University of Timisoara - POSDRU Project: "Reconstruction of the status of women from discrimination to professional development and equal opportunities

**2002–2003 Teaching Skills / Graduation Certificate of the Teaching Staff Training Department**

West University of Timisoara – Teaching Staff Training Department

Educational psychology, Introduction to pedagogy. Theory and methodology of curriculum, Theory and methodology of training. Evaluation theory and methodology, Didactics of the specialty, Pedagogical practice. / Teaching and assessment skills in higher education

**11/1999 Neonatology – Postgraduate Course**

"Victor Babeş" University of Medicine and Pharmacy Timisoara

Neonatology

**07/1996–08/1996 Exchange of experience**

Kosair Children's Hospital of Louisville Kentucky

Pediatrics, Neonatology

**PERSONAL COMPETENCES**

Native languages  
romanian, hungarian

Foreign Languages

	COMPREHENSION		SPEAKING		WRITING
	Listening	Reading	Active conversatio	Oral Speech	
english	C2	C2	C2	C2	C2
german	C2	C2	C2	C2	B2

## Communication skills

- Ability to adapt to multicultural environments, obtained through work experiences abroad.  
(Exchange of experience at Kosair Pediatric Hospital in Louisville Kentucky – 1996
- Competences and abilities in the organization of Conferences, international projects, master programmes

## Organizational/managerial skills

 Organizational spirit, with logistics experience:

- Scientific chancellor of the Faculty of Sociology and Psychology, during 2005-2007.
- Director of the Master's Degree in Clinical Psychology and Psychotherapy (2017 - present).
- Director of the Master's Degree in Clinical Psychology and Psychological Counseling (2010 - 2017).
- Director of the Postgraduate Course in Family and Couple Counselling.
- Erasmus coordinator of the department 2005-2020
- Organizer of the National Conference of Psychology, Timisoara 2008.
- Organizer of the Comenius Association Conference - Timisoara, September 2007.
- NATO Seminar - Prevention and intervention in child maltreatment: development and assessment programs, 23 October - 2 November, 2003.
- ARAS Seminar, July 23-25, 2004, Training session and exchange of experience, GFATM CSW-NNDP.
- President of ARAS - Timiș branch, 2004 – 2006.
- Organizer of the Workshop entitled The phenomenon of pregnancy in married life, On the occasion of a decade of institutional construction of the faculty, November 14-15, 2003, Timisoara.
- Organizer of the Workshop entitled Pregnancy - the woman's or the couple's problem, at the Myth and Psychology workshop session, Timisoara, April 23-24, 2004.
- Organizer of the workshop entitled Psycho-pathological aspects of drug addiction, Edition I, April 11-13, 2005, in collaboration with the Association of Exact Sciences Students from the University of West Timisoara
- and the Local Council of the Municipality of Timisoara.
- Year dean of three student promotions in Psychology

## Digital skills

Good command of Microsoft Office Tools

## ADDITIONAL INFORMATION

### Publications

 Research activity – Selection

- Body image in Eastern Europe and Central Asia, M Vintilă, G Lazarescu, 2026, Handbook of Diversity in Body Image, 95-109
- Cross-cultural data on romantic love and mate preferences from 117,293 participants across 175 countries M Kowal, P Sorokowski, B GJoneska, K Pisanski, G Pfuhl, L Aguilar, ...,2025,Scientific data 12 (1), 1103
- The relationship between objectification and the desire to undergo cosmetic surgery: the mediating role of intuitive eating and body image flexibility, G Lăzărescu, M Vintilă, 2025, Frontiers in nutrition 12, 1537433
- Self-compassion around the world: Measurement invariance of the short form of the Self-Compassion Scale (SCS-SF) across 65 nations, 40 languages, gender identities, and age groups V Swami, US Tran, M Voracek, T Aavik, HA Ranjbar, SO Adebayo, ...,2025, Mindfulness 16 (6), 1569-1596
- A preliminary study on the role of personal history of infectious and parasitic diseases on self-reported health across countries G Pfuhl, F Prazeres, M Kowal, T Aavik, B Abad-Villaverde, R Afhami, ...,2025, Public Health 242, 220-227
- A Cross-cultural exploration of problematic internet use, pathological personality traits, defense mechanisms, coping strategies, and self-esteem in 14 countries S Laconi, A Kalaitzaki, DT Spritzer, S Hauck, A Gnisci, I Sergi, Z Vally, ...,2025, Annales Médico-psychologiques, revue psychiatrique 183 (4), 400-406
- Life satisfaction around the world: Measurement invariance of the Satisfaction With Life Scale (SWLS) across 65 nations, 40 languages, gender identities, and age groups V Swami, S Stieger, M Voracek, T Aavik, H Abdollahpour Ranjbar, ...,2025, PLoS One 20 (1), e0313107

- Eating disorders and eating disorder awareness  
M Vintila, C Goian, SG Soneira,2025,  
Frontiers in Nutrition 12, 1769959
- Higher individualism predicts lower intensity of experienced love:Data  
from 91 countries  
M Kowal, P Sorokowski, SC Roberts, WP Malecki, M Misiak, ...,2024,  
OSF
- Love as a commitment device: Evidence from a cross-cultural study  
across 90 countries  
M Kowal, A Bode, K Koszałkowska, SC Roberts, B Gjoneska, D  
Frederick, ...,2024  
Human Nature 35 (4), 430-450
- The mental health toll of the Russian-Ukraine war across 11 countries:  
Cross-sectional data on war-related stressors, PTSD and CPTSD  
symptoms  
A Kalaitzaki, R Goodwin, A Kurapov, M Vintila, G Lazarescu, S Lytvyn,  
...,2024,  
Psychiatry Research 342, 116248
- Exposure and connectedness to natural environments: An examination  
of the measurement invariance of the Nature Exposure Scale (NES)  
and Connectedness to Nature Scale (CNS ...  
V Swami, MP White, M Voracek, US Tran, T Aavik, HA Ranjbar,  
...,2024,  
Journal of Environmental Psychology 99, 102432
- Translation and validation of a Romanian version of the Breast  
Appreciation Scale (BrAS)  
V Swami, J Todd, G Lazarescu, V Bucur, M Vintilă, 2024,  
Body Image 49, 101720
- Intuitive eating, health, and body: research, prevention, and treatment  
M Vintila, K Czepczor-Bernat, P Rust,2024  
Frontiers in Nutrition 11, 1406345
- The prevalence and predictors of problematic mobile phone use: A 14-  
country empirical survey  
A Kalaitzaki, S Laconi, DT Spritzer, S Hauck, A Gnisci, I Sergi, Z  
Vally, ...,2024,  
International Journal of Mental Health and Addiction 22 (1), 746-765
- The relationship between personality traits and willingness to undergo  
cosmetic surgery in the non-clinical population—a systematic review  
and meta-analysis  
GM Lăzărescu, M Vintilă,2024,  
Frontiers in Psychology 14, 1241952
- Viren Swami, et al. (2023), Body appreciation around the world:  
Measurement invariance of the Body Appreciation Scale-2 (BAS-2)  
across 65 nations, 40 languages, gender identities, and age, Body  
Image, vol. 46, p 449-466.  
<https://doi.org/10.1016/j.bodyim.2023.07.010>
- Lazarescu, G, Maiano, C, Vintila, M., Goian, C., Swami, V. (2023),  
Psychometric properties of a Romanian translation of the Acceptance  
of the Cosmetic Surgery Scale (ACSS): An examination using bifactor  
exploratory structural equation modelling, Body Image, 45, 273-283.  
<https://doi.org/10.1016/j.bodyim.2023.03.011>
- Stefanut, A., Vintila, M., Badau, L., Grujic, D., Oprean, C., Goian, C.,  
Sarbescu, P., (2023) , Perception of disease, dyadic coping, and the  
quality of life of oncology patients in the active treatment phase and  
their life partners: an approach based on the actor-partner  
interdependence model, Frontiers in Psychology, Psycho-oncology,  
Volume 14 - 2023 | <https://doi.org/10.3389/fpsyg.2023.1069767>
- Mona Vintila, G. Lazarescu, A. Kalaitzaki, O. Tudorel, C. Goian, (2023)  
Fake news during the war in Ukraine. Coping strategies and fear of  
war in the general population and aid workers, Frontiers in  
Psychology, Volume 14 - 2023 | doi: 10.3389/fpsyg.2023.1151794

- Mona Vintilă, Argyroula Kalaitzaki, Maria Nicoleta Turliuc, Cosmin Goian, Otilia I Tudorel, (2023), The War in Ukraine: Impact on Mental Health on a Global Level, published in *Frontiers in Psychology, Health Psychology*, Volume 14 - 2023 | <https://doi.org/10.3389/fpsyg.2023.1226184>
- Argyroula Kalaitzaki,.... Vintila, M., Tudorel, O.... (2022) The prevalence and predictors of mobile phone use: 14country empirical Survey *Journal of Mental Health and Addiction* International Journal of Mental health and addiction DOI <https://doi.org/10.1007/s11469-022-00901-2>  
<https://link.springer.com/article/10.1007/s11469-022-00901-2>
- Kalaitzaki, A., Tamiolaki, A, Vintila, M. (2022), The compounding effect of COVID-19 and war in Ukraine on mental health: A global time bomb soon to be explode? *Journal of Loss & Trauma, andonline.com/doi/full/10.1080/15325024.2022.2114654*,  
<https://doi.org/10.1080/15325024.2022.2114654>
- Kowal, M. ... Vintila, M., et al, (2022), Predictors of enhancing human physical attractiveness: data from 93 countries, *Evolution and Human behavior*, 6.09.2022,  
<https://www.sciencedirect.com/science/article/pii/S1090513822000472>  
<https://doi.org/10.1016/j.evolhumbehav.2022.08.003>
- Swami, V., Tran, U. S., Barron, D., Afhami, R., Aimé, A., Almenara, C. A., ... Anjum, G. (2020). The Breast Size Satisfaction Survey (BSSS): Breast size dissatisfaction and its antecedents and outcomes in women from 40 nations. *Body Image*, 32, 199–217.  
doi:10.1016/j.bodyim.2020.01.006
- Vintilă, M., Ștefănuț, A.M. & Sârbescu, P. (2019). Effectiveness of couple psycho-oncological interventions in increasing patients and their partners' adaptation to disease: A systematic review and a meta-analysis. *Curr Psychol*. <https://doi.org/10.1007/s12144-019-00543-z>
- Vintilă, M. (2019). Adolescente însărcinate și parentalitate. In *Intervenții psihologice în școală. Manualul consilierului școlar*, ed. Enea, V. Iași: Ed. Polirom
- Vintilă, M. (2018). Sistemul nervos central. În *Evaluarea psihologică. Manualul psihologului clinician*, ed. Enea, V., Dafinoiu, I. Iași: Ed. Polirom
- Swami, V., Vintila, M., Tudorel, O., Goian, C., & Barron, D. (2018). Factor Structure and Psychometric Properties of a Romanian Translation of the Drive for Muscularity Scale (DMS). *Body Image*, 25; 48-55. <https://doi.org/10.1016/j.bodyim.2018.02.004>.
- Tudorel, O. I., & Vintila, M. (2018). The Role of Social Support on Internet Addiction. *Revista de Asistență Socială*, 1, 73-78.
- Vintila, M., & Tudorel, O. I. (2018). Factor structure and psychometric properties of the Internet Addiction Test. Case study. Sage Publishing. <http://dx.doi.org/10.4135/9781526449184>;
- Swami, V., Tudorel, O., Goian, C., Barron, D., & Vintila, M. (2017). Factor Structure and Psychometric Properties of a Romanian Translation of the Body Appreciation Scale-2 (BAS-2). *Body Image*, 23; 61-68. <https://doi.org/10.1016/j.bodyim.2017.08.001>;
- Tudorel, O. I, Vintila, M., Vlaicu, L., Balauta, D., Goian, C., & Rusu, A. (2018). Romanian version of the Internet Addiction Test: Psychometric properties and cross-gender invariance. *International Journal of Mental Health and Addiction*. doi: 10.1007/s11469-018-0014-6;
- Tudorel, O. I, Vintila, M., & Barbat, C. (2018). Smartphone Addiction Scale: a bifactor model analysis. *Current Psychology*.. doi: 10.1007/s12144-018-0035-0;
- Vintilă, M., Tudorel O., Biro, M. (2016). Perceived stress and coping strategies of Romanian migrants to Germany. *Romanian Journal of Experimental Applied Psychology*, 8, 363-366.  
doi:10.15303/rjeap.2017.si1.a58

## Projects

1. HORIZON-RIA – Research and Innovation Action - REVIVE – Community-centred language REVitalisation powered by heritage-led storytelling and digital innoVation in Europe – Director Romania
2. SPHERE- UNITA starting grants, IP, 2026 -responsabil Romania
3. WELNESS- Skills for true wellbeing nr. contract finanțare 527797-LLP-1-2012-1-RO-GRUNDTVIG-GMP – Director proiect
4. NUTGECS – A Nutrition Guide for Early Childhood Active Stakeholders, număr de referință LLP-LdV/PAR/2010/RO/142, Lifelong Learning Programme Leonardo da Vinci Partnership Project -Director Romania
5. Community Health Management To Enhance Behaviour, Project Number: 134240-LLP-1-2007-1-DE-GRUNDTVIG-GMP, Grant Agreement: 2007-3501/001-001, Sub-programme or KA: GRUNDTVIG Multilateral project –Director Romania
6. TODDLER – Towards Opportunities for Disadvantaged and Diverse Learners on the Early - childhood Road, număr de referință - 510609-2010-LLP-NO-COMENIUS CMP –director Romania
7. Improving Procedures for Collecting Information on Mobile Workers - IMPRO MOBIL - Grant Agreement No. VS/2012/0284 –director Romania
8. SSE-MOVE Social security on the move – Reference no. Project VS/2011/0309.
9. Parteneriat european de formare profesională pentru o societate inclusive Proiect ID–59820(2009-2012) Proiect cofinanțat din Fondul Social European prin Programul Operațional Sectorial Dezvoltarea Resurselor Umane 2007-2013 „Investește în oameni!” Axa prioritară 6 „Promovarea incluziunii sociale” Domeniul major de intervenție 6.4. „Inițiative transnaționale pentru o piață inclusivă a muncii” POSDRU/98/6.4/S59820
10. Competențele absolvenților și nevoile angajaților. O cercetare-actiune pentru integrarea pe piața muncii Finantator: Programul Operațional Sectorial pentru Dezvoltarea Resurselor Umane (POS-DRU) 2007-2013. Axa prioritară 1: "Educația și formarea profesională în sprijinul creșterii economice și societății bazate pe cunoaștere". Domeniul major de intervenție 1.2. "Calitate în învățământul superior", 2010-2012
11. Consilierea carierei și servicii de practică profesională în psihologie, Finantator: Programul Operațional Sectorial pentru Dezvoltarea Resurselor Umane (POS-DRU) Codul proiectului: POSDRU/161/2.1/G/136958

## Affiliations and recognitions:

- Member of the doctoral school - Psychology of Emotions and Artistic Creativity, Università degli Studi di Cassino, Facoltà di Lettere e Filosofia, Dipartimento di Scienze Umane e Sociali, since 2005.
- Member of the doctoral school "Theory and History of Educational processes", Università degli Studi di Cassino, Facoltà di Lettere e Filosofia, Dipartimento di Scienze Umane e Sociali, since 2013.
- Member CNATDCU (2011-2012)
- Member EHPSi
- founding member of al Centrului Euroregional de Psihologie Aplicată
- Asociația Psihologilor din România
- Asociația Română de Terapie Familială și Sistemică
- Member of EFTA
- Board member Comenius Association (2010-2017)
- President of Comenius Association România (2007 - 2017)
- Member of World Association for Perinatal Medicine
- Member of European Association of Perinatal Medicine
- National Association of Family Medicine
- Colegiul Medicilor Timiș

## Recognition of work

- Presentation in the volume Who's Who Medical în România, Ediția I, Editura Pegasus Press, București 2006, p.416-417, 879.
- Presentation in the volume: Personalități de marcă din Timișoara la Timișoara și noi la ele acasă, coordonat de Petroman P., și Petroman I.C., prezentat în studiul Luptător asiduu pentru corelarea activității medicale cu cea a psihologului, 2007, pp 57-61.
- Member in scientific committees of conferences : Conferința Națională de Psihologie Timișoara 2008, Conferința Asociației Comenius, Timișoara, 2007, Simpozionul Internațional „Cercetări și Aplicații în Psihologie”, Buziaș, 2009, 2010, 2011, 2012
- The International Scientific Conference „Economic Science for Rural Development. Sustainability. Integrated and Sustainable Development. Home Economics and Sustainable Consumption” – Jelgava, 2010
- Chair at several national and international conferences

## Editor

- Associate editor CUPS
- Guest Associate Editor Health Psychology
- Guest Associate Editor Nutrition, Psychology and Brain
- Guest Associate Editor Nutritional Epidemiology
- Guest Associate Editor Personality and Social Psychology
- BMC Psychology
- Frontiers in Psychology
- Frontiers in Nutrition
- Journal of the Comenius Association
- Revista de Psihologie Aplicată, Universitatea de Vest Timișoara și Centrul de Studii și Cercetări Psihologice, Timișoara.
- Revista de Științe Sociale „Paradigme”, UVT, Timișoara.
- Journal of the Comenius Associations
- The Editorial Board of the edition of the International Scientific Conference Proceedings – Economic Science for Rural Development. Sustainability. Integrated and Sustainable Development
- Home Economics and Sustainable Consumption, Vol 23, 2010
- Reviewer for Africa Education Review Journal
- Reviewer ad hoc for Current Psychology Journal
- Reviewer ad hoc for OBM Integrative and Complementary Medicine
- Reviewer for BMC, Frontiers in Psychology, Frontiers in Psychiatry, Frontiers in Medicine, Frontiers in Nutrition etc.

## Awards

- Springer Nature's Editor Distinction Awards, 2025 - for editorial contribution and author service
- „Profesor Bologna” 2019 - proiect al Alianței Naționale a Organizațiilor Studentești din România (ANOSR)
- Recognition for research, UVT, 2022
- Invited professor at the University in Cassino between 1996-2007
- Invited Professor at Padagogische Hochschule Wien, 5-7.12. 2007, 18 - 20.05.2009, 2010, 2011, 2012, 2013, 2014
- second prize for the book: “Adolescenta sau caderea in lume” Editura Sedona, manuscript competition July 1996,
- Medimond award for the best poster 2000 “School results and psycho-intellectual abilities of prematurely born babies “ World Congress of Perinatal Medicine, Barcelona, Spania, 23-27 Septembrie, 2001.
- Excellence in research 2008, Departamentul de Psihologie al Facultății de Sociologie și Psihologie din cadrul Universității de Vest din Timișoara

