



## Lorena Anabela Tirla

**Nationality:** Romanian | **Email address:** [lorena.tirla@e-uvt.ro](mailto:lorena.tirla@e-uvt.ro) |

**Address:** Timișoara, Romania (Home)

### WORK EXPERIENCE

**UNIVERSITY ASSISTANT, PHD – WEST UNIVERSITY OF TIMIȘOARA** – 24/02/2025 – Current – TIMIȘOARA, ROMANIA

Delivering seminars for the courses *“Theoretical Foundations of Psychological Assessment”* and *“Preparation for Bachelor’s Thesis Writing”*

Supervising practical training in *Transportation Psychology* and *Developmental Psychology*

Contributing to activities within the Faculty Communication Department

Developing social media content

**PSYCHOLOGIST** – 2025 – Current

Licensed Psychologist (Supervised Practitioner Level) - Clinical Psychology, Work and Organizational Psychology, and Transportation Psychology

**PHD STUDENT – TEACHING AND RESEARCH ACTIVITIES – WEST UNIVERSITY OF TIMIȘOARA** – 10/2021 – 09/2025

Taught seminars for the following courses: *“Theoretical Foundations of Psychological Assessment,” “Preparation for Bachelor’s Thesis Writing,” “Professional Practice in Transportation Psychology,” “Psychological Testing II: Cognitive Abilities,”* and *“Professional Practice: Academic Techniques and Skills”*

Conducted research in Transportation Psychology

**RESEARCH ASSISTANT – PROJECT PN-III-P1-1.1-TE-2019-2032 – WEST UNIVERSITY OF TIMIȘOARA** – 10/2021 – 10/2022 – TIMIȘOARA

Research activities in Transportation Psychology

Project title: *“Driving Through ‘Hell’ to Get to Work? Exploring the Work–Driving Interface Through Displaced Aggression”*

**UNIVERSITY INTERNSHIP - CONTENT CREATOR ON GROWTH MATTERS COMMUNITY – BOSCH** – 10/2020 – 12/2020 – TIMIȘOARA, ROMANIA

Research on various topics in Organizational Psychology

Created infographics

Topics included: *“Tips and Tricks for Job-Related Research,” “Tips and Tricks for Effective Teamwork,” “Working from Home Tips,” “Maintaining Well-Being,”* and *“How to Ask for What You Need.”*

**UNIVERSITY INTERNSHIP - CLINICAL PSYCHOLOGY, PROJECT POCU/90/6.13/6.14/SMIS2014-107274 – DIRECTORATE GENERAL OF SOCIAL ASSISTANCE AND CHILD PROTECTION** – 01/2020 – 02/2020 – TIMIȘOARA, ROMANIA

Developed practical knowledge of counseling and psychological guidance processes

Contributed to the assessment of a child with a moderate disability

Applied psychological testing methods in the assessment of children with disabilities

Designed and conducted educational and developmental activities for children with disabilities

**UNIVERSITY INTERNSHIP - RESEARCH – WEST UNIVERSITY OF TIMIȘOARA** – 03/2019 – 04/2019 – TIMIȘOARA, ROMANIA

Reviewed literature on employee burnout, workplace demands and resources, and their impact on performance

Conducted psychological assessments of entrepreneurs and developed their profiles

## EDUCATION AND TRAINING

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10/2021 – 10/2025

**DOCTORAL STUDIES IN PSYCHOLOGY** West University of Timișoara, Psychology Department

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Research on risky driving behaviors and the development of interventions aimed at reducing them  
Writing and publishing scientific articles, participation in academic conferences, and involvement in research projects  
Advanced data analysis, academic writing, and the application of research methods in Transportation Psychology

**Thesis** "Interventions Regarding Driving Behavior. Exploring Implementation Intentions in the Context of Speeding"

2019 – 2021 Timișoara, Romania

**MASTER'S DEGREE IN WORK, ORGANIZATIONAL AND TRANSPORT PSYCHOLOGY** West University of Timișoara, Psychology Department

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Studies of Work and Organizational Psychology, Transport Psychology  
Knowledge of job analysis, recruitment, and staff selection  
Knowledge of research methodology and data analysis in psychology

**Thesis** "Interventions on negative driving behaviors and traffic anger. A meta-analysis "

2019 – 2021 Timișoara, Romania

**MASTER'S DEGREE IN CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY** West University of Timișoara, Psychology Department

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Studies of Clinical Psychology, Psychopathology, and Cognitive-behavioral interventions  
Gained understanding of the scope and boundaries of clinical psychology, theoretical models and their clinical applications, fundamental concepts of family therapy, and cognitive-behavioral interventions across various mental disorders

**Thesis** "Testing a cognitive training to reduce smartphone addiction"

2016 – 2019 Timișoara, Romania

**BACHELOR'S DEGREE - PSYCHOLOGY** West University of Timișoara, Psychology Department

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**Thesis** "The relationship between perfectionism, anxiety and personality factors"

2012 – 2016 Ștei, Romania

**BACCALAUREATE DIPLOMA - HUMAN PROFILE, PHILOLOGY** "Avram Iancu" Theoretical High School

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## LANGUAGE SKILLS

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Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	B2	B2	B2	B2	B2

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Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## SKILLS

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Microsoft Office | SPSS | Comprehensive Meta-analysis | Jamovi | R studio | Social media

## SKILLS ACQUIRED IN THE WORKPLACE

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Teaching and development of teaching materials

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Advanced data analysis and scientific research

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Preparation of academic presentations and scientific papers

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Project organization and management

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Social media content creation

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## ● COURSES

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Psycho-pedagogical Training Program (Level I and Level II), Department of Teacher Training, West University of Timișoara

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Psychopedagogical Training Module (University Level), UVT Teaching & Learning Brand - West University of Timișoara

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## ● PUBLICATIONS

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[Tirla, L., Sârbescu, P., & Rusu, A. \(2026\). The theory of planned behavior and speeding: perspectives from a driving simulator study. Transportation Research Part F: Traffic Psychology and Behaviour, 116, 103412.](#)

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[Tirla, L., Sârbescu, P., & Rusu, A. \(2025\). The Effectiveness of Implementation Intentions Interventions on Speeding Using a Driving Simulator. Romanian Journal of Applied Psychology, 27\(1\), 104-115.](#)

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[Tirla, L., Sârbescu, P., & Rusu, A. \(2024\). Assessing the effectiveness of psychoeducational interventions on driving behavior: A systematic review and meta-analysis. Accident Analysis & Prevention, 199, 107496.](#)

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