

PERSONAL INFORMATION

**Otilia Ioana Tudorel**

 300650 Timisoara (Romania)

 otilia.tudorel@e-uvt.ro

Romanian nationality

PROFESSIONAL EXPERIENCE

01/03/2025–present

University Lecturer

Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara, Timișoara (Romania)

Type or sector of activity teaching and research activity: neuropsychology, genetics of human behavior, family psychology, specialized practice, ethics, practice for the elaboration of the dissertation thesis.

02/2022–02/2025

Assistant Professor

Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara, Timișoara (Romania)

Type or sector of activity: teaching and research activity

02/2019–02/2022

Research Assistant

Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara, Timișoara (Romania)

Type or sector of activity: teaching and research activity

02/2020–05/2020

Internship Monitoring Officer

Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara, Timișoara (Romania)

Activity within the project "*Insertion on the labour market – the vector of tertiary education*"

04/2019–2019

CCOC Advisor

West University of Timișoara

Activity within the project "*Integrated socio-educational services offered by FEAA to increase the retention of SSEI-FEAA students*".

05/2019–12/2019

Assistant Manager

West University of Timișoara

Activity within the CNFIS-FDI-2019-0153 project: "*Stay in UVT*": supporting the student's progress throughout the entire university study program and their completion, through educational and career counseling services (*StalnUVT*)

2015–present

Teaching-research activity (hourly pay)

Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara, Timișoara (Romania)

research, planning and design of seminar activities for students of the 1st and 2nd year, bachelor's degree: genetics of human behavior, family psychology, **specialized practice**, and 2nd year master's degree: **practice for the elaboration of the dissertation thesis**

Type or sector of activity: teaching and research activity

2017–present **Clinical psychologist and psychotherapist**

Tudorel Otilia Ioana Individual Psychology Cabinet

Private practice according to the certificate of free practice, registered with the College of Psychologists of Romania.

2015–2016 **Psychologist**

Sofi DayCare Kindergarten Timișoara

2014–2015 **Teacher educator (special psychopedagogy)**

IRIS Special Theoretical High School Timisoara (Romania)

planning and designing instructional-educational activities, planning and organizing extracurricular activities, assisting students with / without disabilities in learning, using the Braille alphabet for blind students, using occupational therapy activities, cognitive stimulation, play therapy and training personal and social autonomy, according to the curriculum.

Type or sector of activity: special education

2012–2013 **Practicing psychologist - volunteer**

Medici's Timisoara

Psychological testing

Type or sector of activity health

1993–2015 **secretary, economic official**

Timiș County Office for Consumer Protection, Poenariu Notarial Office, S.C. Analog TV, Timiș School Sports Club, Timșoara (Romania)

preparation of notarial documents, customer relations, administrative, specific secretarial and primary accounting activities (registration of documents, information, preparation of statements of functions and payrolls for employees in pre-university education)

EDUCATION AND TRAINING

10/2023 **Training in Integrative Psychotherapy**
Association for Research, Counseling and Integrative Psychotherapy (ACCPI)

07/2020 **Autonomous Practitioner - Clinical Psychology**
Certificate of free practice – level of specialization autonomous practitioner

2015–2018 **PhD in Psychology - qualification "Excellent" (*Summa Cum Laude*)**
Doctoral School of Psychology (West University of Timișoara), Timșoara (Romania)
PhD thesis entitled: *Mental health and the use of modern information and communication technology* – graduated with the maximum grade "Excellent"

2018–2019 **Supervision – clinical psychology**

Professional supervision in the training activity specific to the profession of clinical psychologist with the right of free practice

2016–2017 **Psychopedagogical module, level II**
Department for the Training of Teaching Staff (West University) Timișoara

2013–2017 **Training in Transpersonal Psychotherapy**
European Association of Transpersonal Psychology (ETPA)

2013–2014 **Psychopedagogical module, level I**
Department for the Training of Teaching Staff (West University) Timișoara

2012–2014 **Master of Science in Psychology: Organizational and Occupational Health Psychology**
Faculty of Sociology and Psychology (West University), Psychology Timisoara
Work, Stress and Health; Work, Family Conflict. A Systemic Approach; Introduction to Occupational Health Psychology etc.

2009–2012 **Bachelor of Psychology - graduate ranked 2nd out of 115 students**
Faculty of Sociology and Psychology (West University), Psychology Timisoara
personality psychology, psychopathology, clinical psychology, neuropsychology, age psychology, organizational psychology, social psychology, work psychology, data analysis in psychological research.

1992–1997
Faculty of Tourism and Commercial Management (M. Eminescu University), Timisoara (Romania)

PERSONAL SKILLS

Mother tongue(s) Romanian

Foreign languages

| | UNDERSTANDING | | SPEECH | | WRITING |
|---------|---------------|---------|-----------------------|-------------|---------|
| | Listening | Reading | Join the conversation | Oral Speech | |
| English | B2 | B2 | B2 | B2 | B2 |

Levels: A1 & A2: Elementary User - B1 & B2: Independent User - C1 & C2: Experienced User
Common European Framework of Reference for Languages

Communication skills openness and interpersonal communication, support and social support.

Organizational/managerial skills - Organizational skills in organizing conferences such as:
- International Conference of Transpersonal Psychology, Timisoara, Romania (2011)
- International Conference of Transpersonal Psychology, Predeal, Romania (2016)

Digital skills

| SELF-ASSESSMENT | | | | |
|------------------------|---------------|------------------|----------|-----------------|
| Information processing | Communication | Content creation | Security | Problem solving |

| | | | | |
|------------------|------------------|------------------|------------------|------------------|
| Experienced user | Experienced user | Independent user | Independent user | Independent user |
|------------------|------------------|------------------|------------------|------------------|

Digital Competences - Self-Assessment Grid

- good command of Microsoft Office tools (Word, Excel, Power Point), Internet, SPSS Amos, Process macro;
- elementary knowledge of computer graphics (Photoshop).

Driver's license B

ADDITIONAL INFORMATION

Awards

- **2021: 1st prize in the competition "Awarding young researchers from FSP-UVT"**
- **2018: Research grant awarded for research activity, through the project "Research of excellence in UVT by supporting and developing the university's research centers" – October 2018;**
- **2011: Excellence Award of the Municipality of Timisoara for exceptional results in university activity - December 2011.**

Publications (selection)

- Kalaitzaki, A., Laconi, S., Spritzer, D.T., **Tudorel O.I. et al.** (2024). The Prevalence and Predictors of Problematic Mobile Phone Use: A 14-Country Empirical Survey. *You J Ment Health Addiction*. <https://doi.org/10.1007/s11469-022-00901-2>
- Swami, V. 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*. <https://doi.org/10.1016/j.bodyim.2023.07.010>
- Vintilă, M., Lăzărescu G.M., Kalaitzaki A., **Tudorel O.I.**, Goian C. (2023). Fake news during the war in Ukraine: coping strategies and fear of war in the general population of Romania and in aid workers. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2023.1151794>
- **Tudorel, O. I.** (2023). Adverse childhood experiences and problematic technology use: The mediating role of satisfaction with life. *Current Psychology*. <https://doi.org/10.1007/s12144-022-02723-w>
- Vintila, M., **Tudorel, O. I.**, Stefanut, A., Ivanoff, A., Bucyr, V. (2022). Emotional distress and coping strategies in COVID-19 anxiety. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02690-8>
- Vintilă, M., & **Tudorel, O. I.** (2021). Family therapy after adoption. In *The Psychological Approach to Adoption and Foster Care*, it isD. V. Enea. Iași: Ed. Polirom
- Barron, D., Vintila, M., Ong, H. S., **Tudorel, O.**, Top, C., Wong, K. Y., ... Swami, V. (2021). *An examination of the higher-order dimensionality and psychometric properties of a Romanian translation of the schizotypal personality questionnaire (SPQ)*. *Current Psychology*. DOI:10.1007/S12144-021-01935-W
- Swami, V., Todd, J., Goian, C., **Tudorel, O.**, Barron, D., & Vintilă, M. (2021). *Psychometric properties of a Romanian translation of the Functionality Appreciation Scale (FAS)*. *Body Image*, 37, 138–147. doi:10.1016/j.bodyim.2021.02.010
- Vintilă, M., Todd, J., Goian, C., **Tudorel, O.**, Barbat, C. A., & Swami, V. (2020). *The Romanian version of the Intuitive Eating Scale-2: Assessment of its psychometric properties and gender invariance in Romanian adults*. *Body Image*, 35, 225–236. doi:10.1016/j.bodyim.2020.09.009
- 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
- Swami, V., Vintila, M., Goian, C., **Tudorel, O.**, & Bucur, V. (2020). Mental health literacy of maternal and paternal postnatal depression in a community sample of Romanian adults. *International Perspectives in Psychology: Research, Practice, Consultation*. <https://doi.org/10.1037/ipp0000130>

- Swami, V., Mohd. Khatib, N. A., Vidal-Mollón, J., Vintila, M., Barron, D., Goian, C., ... Zahari, H. S. (2020). *Visits to Natural Environments Improve State Body Appreciation: Evidence from Malaysia, Romania, and Spain. Ecopsychology, 12(1), 24–35.* doi:10.1089/eco.2019.0065
- Sirbu, A., Tranca, L.-M., Toma, R., & **Tudorel, O. I.** (2020). The Parental Alienation Construct A Qualitative Analysis Of The Specialty Literature. *Journal of Social Assistance, 1.* http://www.swreview.ro/index.pl/the_parental_alienation_construct_a_qualitative_analysis_of_the_specialty_literature
- **Tudorel, O. I.**, & Vintila, M. (2020). The Benefits and Consequences of Using Modern Information and Communication Technology. *Journal of Social Assistance, 1.* http://www.swreview.ro/index.pl/the_benefits_and_consequences_of_using_modern_information_and_communication_technology
- **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; (IF = 1.192);
- Vintila, M., **Tudorel, O. I.**, Goian, C., Barbat, C. (2018). Determining the structure of Smartphone Addiction Scale: A bifactor model analysis. *Current Psychology.* doi: 10.1007/s12144-018-0035-0 (IF = 1,280) – **corresponding author**;
- Swami, V., Vintilă, M., **Tudorel, O.**, Goian, C., Barron, D. (2018). Factor structure and psychometric properties of a Romanian translation of the Drive for Muscularity Scale (DMS) in university men. *Body Image, 25;* 48-55. doi.org/10.1016/j.bodyim.2018.02.004; (IF = 3.595) – **red zone; article awarded by UEFISCDI in 2018;**
- Vintilă, M., **Tudorel, O., I.** (2018). *Determining the factor structure and psychometric properties of the Internet Addiction Test. Case study. Sage Publishing,* (chapter map, A1);
- **Tudorel, O. I.**, Vintilă, M. (2018). The role of Social Support on Internet Addiction. *Journal of Social Work, 1;*
- Swami, V., **Tudorel, O.**, Goian, C., Barron, D., Vintilă, 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>; (IF = 2.965) – **red zone; UEFISCDI awarded article in 2017;**
- Vintilă, M., **Tudorel O.**, Biro, M. (2017). Perceived stress and coping strategies of Romanian migrants to Germany. *Romanian Journal of Experimental Applied Psychology, (ISI Proceedings);*
- **Tudorel O.**, Virgă, D., Macinga, I. (2013). Self-actualization: from well-being to worldview. *Romanian Journal of Applied Psychology (RJAP);*
- **Tudorel O.** et al., (2012). *The presence of transpersonal in fairy tales and stories.* Timisoara: Eurobit.

Conferences

- The Conference 15th International Congress Of Clinical Psychology, November 2022, Spain
- APR Conference "Psychology and Technology: Connected to the Future", November 11-14, 2021
- International Conference: *The child and the family at the center of community social and health care services*, 23-24 November 2018;
- International Conference: *Psychology, Art, Literature. Ancient and New Trends in Antonio Fusco's memory* Italia, 25-26 Oct. 2018;
- National Student Conference on Socio-Human Sciences "Today's Specialists, Practitioners of Tomorrow!": *Psychological Aspects of Excessive Use of Modern Information and Communication Technologies;*
- **Psiworld 2016** International Conference: *Perceived stress and coping strategies of Romanian migrants to Germany.*

2018: Member of the Scientific Organizing Committee of the International Conference: *Child and Family at the Center of Community Socio-Health Services*, November 23-24, 2018

2016: Member of the Scientific Organizing Committee of the Conference of the European Association of Transpersonal Psychology;

2011: Volunteer member of the Organizing Committee of the Conference of the European Association

of Transpersonal Psychology – Transpersonal Psychology or About the Time of Change;
2016; 2017: Involvement in volunteering activities of Look Inside

Seminars

Other workshops and conferences (selection):

- 2021: Psychology and Technology – From Advanced Research to Innovative Practice – APR Conference "Psychology and Technology: Connected to the Future", November 11-14, 2021
- 2020: Relationship Trauma – Institute for the Study and Treatment of Trauma Bucharest
- 2020: The use of VR in therapy for phobias – Psious Spain
- 2017: Managing Addiction: A Framework for Successful Treatment – University of Adelaide;
- 2017: Healing Trauma for Adopted and Foster Kids – Happily Family Conference;
- 2017: Using Technology Thoughtfully and Preserving Play – Happily Family Conference;
- 2012: Online methods for promoting mental health – COGNITROM, CNSMLA and the College of Psychologists in Romania;
- 2011: Regression Therapy and Human Development - Conference of the European Association of Transpersonal Psychology; 2011: Somatic Breathing Techniques for Personal Development - Conference of the European Association of Transpersonal Psychology;
- 2011: Making the transition from "individual" to the "individual in context": implication for psychotherapeutic practice - UVT, Institute of Family Therapy and Systemic Practice Dianoia Timișoara;

Timisoara
20.03.2026