



Lorena-Anabela Tirla

Nationality: Romanian | **Email address:** lorena.tirla@e-uvt.ro |

Address: Timișoara, Romania (Home)

BrainMap ID: U-2100-068N-2036 • ORCID ID: • 0000-0002-2554-3023

WORK EXPERIENCE

UNIVERSITY ASSISTANT, PhD – WEST UNIVERSITY OF TIMIȘOARA, DEPARTMENT OF PSYCHOLOGY – 24/02/2025 –
Current – TIMIȘOARA, ROMANIA

- Delivering seminars in "Theoretical Foundations of Psychological Assessment" and "Bachelor's Thesis Preparation".
- Supervising practical training activities in Transportation Psychology and Developmental Psychology.
- Conducting research in Transportation Psychology, including study design, data analysis, interpretation of findings, and preparation of scientific manuscripts.
- Contributing to faculty communication initiatives and developing content for social media channels.

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, DEPARTMENT OF PSYCHOLOGY – 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 IN PSYCHOLOGY – PROJECT PN-III-P1-1.1-TE-2019-2032 – WEST UNIVERSITY OF TIMIȘOARA, DEPARTMENT OF PSYCHOLOGY – 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 INTERSHIP - CONTENT CREATOR, GROWTH MATTERS COMMUNITY – BOSCH – 10/2020 – 12/2020 – TIMIȘOARA, ROMANIA

- Conducting research on organizational psychology topics and developing infographics for the internal community.

UNIVERSITY INTERSHIP - 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

- Developing practical knowledge of psychological counseling and contributing to the psychological assessment of children with disabilities.

UNIVERSITY INTERSHIP - RESEARCH – WEST UNIVERSITY OF TIMIȘOARA, DEPARTMENT OF PSYCHOLOGY – 03/2019 – 04/2019 – TIMIȘOARA, ROMANIA

- Conducting literature and background research, contributing to the psychological assessment of entrepreneurs, and performing statistical analyses using SPSS.

● **EDUCATION AND TRAINING**

10/2021 – 09/2025

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

- 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 TRANSPORTATION PSYCHOLOGY West University of Timișoara, Department of Psychology

- Studies in Work, Organizational, and Transportation 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, Department of Psychology

- Studies in 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 Intervention to Reduce Smartphone Addiction"

2016 – 2019 Timișoara, Romania

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

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

2012 – 2016 Ștei, Romania

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

● **LANGUAGE SKILLS**

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B2

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

● **SKILLS**

Microsoft Office | SPSS | Comprehensive Meta-Analysis | Jamovi | R-Studio | Social media

● **SKILLS ACQUIRED IN THE WORKPLACE**

- Teaching and development of instructional materials
- Advanced data analysis and scientific research
- Preparation of scientific presentations and manuscripts

- Project organization and management
- Social media content development

● COURSES

- **Psycho-pedagogical Training Program (Level I and Level II), Department of Teacher Training, West University of Timișoara**
- **Psychopedagogical Training Module (University Level), UVT Teaching & Learning Brand - West University of Timișoara**

● PUBLICATIONS

- 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.
- 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.
- 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.