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Vasile Sîrbu

Date of birth: 11/12/1996 | **Nationality:** Romanian | **Gender:** Male | **Phone number:** (+40) 762405622 (Mobile) | **Email address:** vasi.sirbu11@gmail.com |

Address: Romania (Home)

WORK EXPERIENCE

POSTDOCTORAL RESEARCHER – WEST UNIVERSITY OF TIMISOARA – 01/11/2026 – Current

POSTDOCTORAL RESEARCHER – PNRR-III-C9-2023-I8-CF 32/28.07.2023 PROJECT FINANCED BY EUROPEAN UNION, BABEȘ-BOLYAI UNIVERSITY – 09/03/2026 – 30/06/2026 – CLUJ-NAPOCA, ROMANIA

- carrying out activities to improve the study methodology and analyze data resulting from the implementation of the studies;
- refining the methodological component of studies to meet the highest methodological criteria;
- analysis of data resulting from studies, based on state-of-the-art methodologies, in accordance with the design;

PSYCHOLOGIST – INTERNATIONAL INSTITUTE FOR THE ADVANCED STUDIES OF PSYCHOTHERAPY, BABEȘ-BOLYAI UNIVERSITY – 12/07/2024 – 28/10/2026 – CLUJ-NAPOCA, ROMANIA

- presentation of the Institute's platform, training for the use of equipment, collaborations or any other activities carried out under the aegis of the Institute;
- weekly monitoring of the functioning of the Institute's instruments, equipment and applications, reporting possible operating problems and actively involving in repairing/updating them;
- organizing and carrying out recruitment, promotion, information/data collection and processing, planning for assigned projects;
- carrying out management, maintenance, communication and collaboration activities with technical and administrative representatives regarding the Institute's equipment, facilities and functionalities;
- contributing to the organization of administrative activities within the Institute;
- mediating collaborative relationships with institutions/collaborators who offer or request collaborations with the Institute;
- organizing information and dissemination activities of the Institute's activity;
- updating information on the Institute's website and social media accounts related to assigned projects;
- carrying out financial management activities if necessary for the Institute's projects and concern for the regulation of activities.

ASSOCIATE EDITOR – JOURNAL OF EVIDENCE-BASED PSYCHOTHERAPIES, BABEȘ-BOLYAI UNIVERSITY – 07/01/2022 – 28/10/2026 – CLUJ-NAPOCA, ROMANIA

Editorial process, including those related to website maintenance.

RESEARCH ASSISTANT – PNRR-III-C9-2023-I8-CF 32/28.07.2023 PROJECT FINANCED BY EUROPEAN UNION, BABEȘ-BOLYAI UNIVERSITY – 01/04/2024 – 01/02/2026 – CLUJ-NAPOCA, ROMANIA

- carrying out activities to improve the study methodology and analyze data resulting from the implementation of the studies;
- refining the methodological component of studies to meet the highest methodological criteria;
- analysis of data resulting from studies, based on state-of-the-art methodologies, in accordance with the design;

ASSOCIATE LECTURER - SEMINAR COORDINATOR FOR THE COGNITIVE-BEHAVIORAL THERAPIES COURSE – BABEȘ-BOLYAI UNIVERSITY – 01/10/2025 – 02/03/2026

ASSOCIATE LECTURER - SEMINAR COORDINATOR FOR THE COGNITIVE-BEHAVIORAL THERAPIES COURSE – BABEȘ-BOLYAI UNIVERSITY – 01/10/2024 – 01/03/2025

VOLUNTEER – ASSOCIATION OF PSYCHOLOGY AND SOCIOLOGY STUDENTS FROM TIMIȘOARA – 2015 – 2018 – TIMIȘOARA, ROMANIA

Member of the Human Resources department.
Coordinator of the „PsyCult" project, in which the aim was to facilitate discussions and debates of ideas based on the viewing of several cinematographic works.
Member of the „Exchange" project, a project that consisted in facilitating the exchange of experience between volunteer students from several university centers in the country.
Member of the „Freshman Ball" project.

EDUCATION AND TRAINING

01/09/2020 – 15/07/2025 Cluj-Napoca, Romania
PH.D. IN PSYCHOLOGY, DOCTORAL SCHOOL OF PSYCHOLOGY, EVIDENCE-BASED ASSESSMENT AND PSYCHOLOGICAL INTERVENTIONS Babeș-Bolyai University

Address Str. Republicii nr. 37, 400015, Cluj-Napoca, Romania, Cluj-Napoca, Romania

2018 – 2022 Timișoara, Romania
BACHELOR'S DEGREE IN PHILOSOPHY, FACULTY OF POLITICAL SCIENCES, PHILOSOPHY AND COMMUNICATION SCIENCES West University of Timișoara

Address Blvd. Vasile Pârvan 4, et. 5 Timișoara, județ Timiș, RO-300223, România, Timișoara, Romania

01/01/2019 – 01/10/2021 Bucharest, Romania
PROFESSIONAL CERTIFICATION IN THE SPECIALTY OF COGNITIVE-BEHAVIORAL PSYCHOTHERAPIES Romanian Association for Behavioral and Cognitive Therapy

Licensed to practice in the specialty of Cognitive-Behavioral Psychotherapy (under supervision) since December 2021, accredited by the College of Psychologists of Romania

2018 – 2020 Romania
MASTER'S DEGREE IN PSYCHOLOGY, SPECIALIZING IN CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY West University of Timișoara

2018 – 2020 Romania
CERTIFICATE OF COMPLETION OF THE PSYCHOPEDAGOGICAL TRAINING PROGRAM, LEVEL II West University of Timișoara

2015 – 2018 Romania
CERTIFICATE OF GRADUATION FROM THE PSYCHOPEDAGOGICAL TRAINING PROGRAM, LEVEL I West University of Timișoara

2015 – 2018 Romania
BACHELOR'S DEGREE IN PSYCHOLOGY West University of Timișoara

2011 – 2015 Filiași, Dolj, Romania
BACCALAUREATE DIPLOMA, THEORETICAL STREAM, PHILOLOGY SPECIALIZATION Dimitrie Filișanu Technological 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
FRENCH	A1	B2	B1	A1	B1

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

SKILLS

Competence on R statistical tool (R, R Comander, R Markdown) | IBM SPSS advanced level | Microsoft Office (Word, Excel, Power Point) advanced level | MPlus (statistical software)

DRIVING LICENCE

Driving Licence: AM

Driving Licence: B1

Driving Licence: B

ORGANISATIONAL SKILLS

Coordinator experience

Organizational skills acquired as a member and coordinator in projects and the Human Resources department of the voluntary association ASPST.
Cooperative, disciplined behavior, conscientiousness, stability, goodwill, and perseverance.

COMMUNICATION AND INTERPERSONAL SKILLS

Member and project coordinator

Sociability and team spirit as a member and coordinator in volunteer and academic projects.

PUBLICATIONS

Web of Science or Scopus Publications

Sirbu, V., & David, O. A. (2024). Efficacy of app-based mobile health interventions for stress management: A systematic review and meta-analysis of self-reported, physiological, and neuroendocrine stress-related outcomes. *Clinical Psychology Review*, *114*, 102515. https://doi.org/10.1016/j.cpr.2024.102515 (IF = 11.2, Q1 WoS, SSCI 2025)

Sirbu, V., David, O. A., Sanchez-Lopez, A., & Blanco, I. (2025). Comparative efficacy of PsyPills and OCAT mobile psychological interventions in reducing depressive, anxiety and stress symptoms: A blinded randomized clinical trial. *Journal of Affective Disorders*, *369*, 945-953. https://doi.org/10.1016/j.jad.2024.10.052 (IF = 5.7, Q1 WoS, SSCI 2025)

Sîrbu, V., Tomoiagă, C., & David, O. A. (2026). Understanding Engagement in Mental Health App Trials: Developing Prognostic Multivariate Regression Prediction Models of App Uptake and Attrition in General Adult and Distressed Student Populations Using Baseline Predictors. *International Journal of Human–Computer Interaction*, 1-21. https://doi.org/10.1080/10447318.2026.2641702 (IF = 6.1, Q1 WoS, SSCI 2025)

David, O. A., Tomoiagă, C., & Sîrbu, V. (2026). A stepped-down adaptive trial of online CBT-based game and mobile ecological interventions for improving child mental health. *Behaviour Research and Therapy*, 105070. https://doi.org/10.1016/j.brat.2026.105070 (IF = 4.3, Q1 WoS, SSCI 2025)

Sîrbu, V., David, O. A., Sanchez-Lopez, A., & Blanco, I. (2026). Mapping the interplay between psychological vulnerability and protective factors in mental health: a network analysis study. *Cognitive Behaviour Therapy*, 1-17. https://doi.org/10.1080/16506073.2026.2668692 (IF = 3.4, Q1 WoS, SSCI 2025)

David, O. A., Sîrbu, V., & Tomoiagă, C. (2026). The PsyPills app for stress management. What do the users think? A usability study. *Disability and Rehabilitation: Assistive Technology*, 1-11. https://doi.org/10.1080/17483107.2026.2633303 (IF = 2.1, Q2 WoS, SSCI 2025)

CONFERENCES AND SEMINARS

07/09/2022 – 10/09/2022 Barcelona, Spain

European Association for Behavioural and Cognitive Therapies 2022 Congress

Sîrbu, V., David, O. A., Sanchez-Lopez, A., Blanco, I. (2022). Effectiveness and mechanisms of change of two mobile psychological interventions in reducing depressive, anxiety and stress symptoms: PsyPills and online-Contingent attention training (OCAT). In EABCT 2022 Congress. *Re-ThinkingCBT: providing strategies for a new way of living. 07th – 10th September 2023 Universidad Pompeu Fabra Campus Ciutadella, Barcelon. Spain (pp.137-138)*. ABSTRACT BOOK https://eabct2022.org/images/site/Abstract-book-eabct-2022.pdf

04/10/2023 – 07/10/2023 Belek, Antalya

European Association for Behavioural and Cognitive Therapies 2023 Congress

Sîrbu, V., David, O. A., Sanchez-Lopez, A., Blanco, I. (2023). Comparative Efficacy of Two Mobile Psychological Interventions in Reducing Depressive, Anxiety and Stress Symptoms: PsyPills and Online Contingent Attention Training (OCAT). In EABCT 2023 Congress. *CBT in a Changing World: Migration and Cultural Diversty. 04th – 07th October 2023 Granada Luxury Belek – Belek / Antalya (pp.30)*. PROGRAMME AND PROCEEDINGS BOOK '978-625-6443-07-5' https://eabct2023.org/EABCT2023-Book.pdf

23/10/2025 – 25/10/2025 Bucharest, Romania

Congress of the "Carol Davila" University of Medicine and Pharmacy, Bucharest – 13th Edition

Open paper: „The role of psychological factors in cardiovascular diseases"

Link https://www.facebook.com/rethinkwell/posts/pfbid023XJBqMwShLyJA5gohEQxoUfWdxddspG5L1Wvokacs4Swwx7YM1

17/06/2026 – 19/06/2026 Bucharest, Romania

„MIND and HEART" International Conference, Digital-Mental-Cardiovascular Axis in Youth: From Stress and Biomarkers to AI-Based Prevention

Open paper: „Digital Tools for Stress Management, Emotional Regulation and Self-Monitoring"

Link https://unibuc.ro/universitatea-din-bucuresti-prezenta-la-conferinta-corp-si-minte-mind-and-heart-organizata-de-sectia-de-stiinte-medicale-a-academiei-romane/

04/11/2026 – 07/11/2026 Cluj-Napoca, Romania

Romanian Scientific Diaspora Conference, Smart Diaspora 2025, 6th Edition

Open paper: „Who Benefits from REThink Game? An Individual Participant Data Meta-Analysis of a Digital Therapeutic Game for Youth Emotional Well-Being"

Link https://diaspora-stiintifica.ro/documents/Wks2025/23_Workshop_UBB.pdf

HONOURS AND AWARDS

The Nicolae Mărgineanu Award for Scientific Research and the Development of Academic Competitiveness – Babeș-Bolyai University