

# **Habilitation Thesis**

## **Current Trends in Health Psychology** *- Environmental, organizational, and clinical approaches -*

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## Abstract

This habilitation thesis presents the stages of professional development and my academic contributions (after concluding my PhD. in 2008).

My career evolved according to the following stages:

Stage 1: 2003-2005: PhD student on teacher assistant position (specializing in organizational psychology and neuropsychology);

Stage 2: 2005-present clinical psychologist at Bagdasar-Arseni Clinical Emergency Hospital (getting practical experience and interdisciplinary collaboration);

Stage 3: assistant lecturer (stage of international collaboration, editing collective volumes, and publishing research studies; concluding the PhD thesis);

Stage 4: 2008-2012: university lecturer (publish first studies in impact factor journals, course textbooks, participating into a series of studies in applied psychology); Stage 5: 2008-2012: associate professor and director of Psychology Department (initiating the Health Psychology master programme, new studies, and volumes);

Stage 6: 2014-present: university professor and head of department (second mandate) – management activities, institutional development, publishing fundamental volumes and studies).

The personal contributions are organized in three domains of health psychology related to applied disciplines:

1. Health psychology in people-environment interaction;
2. Occupational health psychology;
3. Clinical health psychology, neuropsychology and personality.

Before the presentation of contributions, there is a short introduction on the concepts of health and well-being (determinants, effects, current studies, focus of psychological research and practice). It is emphasized that these represent core concepts of applied psychology research.

For each domain, I present the characteristics of my contributions, the list of main studies and a summary of works disseminated in the international access journals.

In studies about human-environmental interactions I developed a cognitive and attitudinal model (components of environmental risk perception, anticipation of event impact on health, prevention/preparation for natural events with negative impact on psychological and physical health). There were presented social and psychological vulnerability analysis in earthquake and flood areas.

In the domain of occupational health psychology and organizational psychology, I made research on healthcare personnel and on other categories. I created occupational health models adapted to healthcare organizations. I also made literature synthesis for textbooks (on current topics: occupational safety, organizational trust, workplace empowerment, coaching and counseling; the Occupational Health and Safety book presents multiple approaches on work safety, offering a more comprehensive image of the field).

In health psychology I published, as an editor, several collective volumes, putting together contributions of psychologists and physicians throughout the country. The texts include new ideas in national literature.

I wrote a textbook in neuropsychology, which reveals elements of my clinical experience. I coordinated the clinical research for adapting Wisconsin Card Sorting Test in Romania, as well as several collective volumes to which physicians, psychologists, philosophers, psycho-pedagogs

have contributed. The topics are useful to practitioners and could be used in academic activities (laboratories).

In personality psychology I made a larger research study on character which added to the findings of my PhD. research. These resulted into a textbook and a series of studies. I focused on morality study and I elaborated a personality prescriptive model, which contributed to going beyond the descriptive approaches of personality.

In the future I will focus my research efforts in clinical settings and I will work on clinical practice guides. Health psychology and neuropsychology will remain my main areas of scientific interest. Studies on occupational health will be carried on healthcare personnel.