

SUMMARY

This habilitation thesis presents the main directions of my scientific, professional, and academic activity undertaken since 2016, the year I defended my doctoral thesis entitled "*Study of Smoking and Factors Influencing Smoking Cessation in Pregnant Women and Young Women in the Mureș Area*," under the supervision of Prof. Dr. Abram Zoltan. The public defense took place on April 18, 2016, and the title of Doctor of Medicine was awarded by Order no. 3867 of the Minister of Education and Scientific Research, dated May 27, 2016.

My subsequent research has integrated both applied components within public health and laboratory-based investigations, with a focus on analyzing nutritional and metabolic parameters relevant to various nutritional interventions.

Scientific, Professional, and Academic Achievements

Between 2016 and 2025, I authored or co-authored a total of 21 articles published in ISI-indexed journals with impact factors ranging from 0.32 to 4.8. Of these, I served as main author in 13 publications, including first author in 5. Additionally, I contributed as co-author to another 7 ISI-indexed articles. A further 4 publications appeared in ISI-indexed journals without an impact factor.

My work has been cited in international scientific databases, contributing to an h-index of 7 and accumulating over 91 citations to date, reflecting the visibility and relevance of my research within the scientific community.

In addition to ISI publications, I published 29 articles in BDI and B+ journals between 2017 and 2025. I also actively contributed to the academic community through the organization of several national and international scientific events. Within these contexts, I presented numerous papers, the abstracts of which were published in proceedings with ISBN and/or ISSN.

To date, I have published and communicated 46 scientific abstracts, 7 of which were co-authored with undergraduate students under my supervision, and subsequently published in the volumes of scientific events bearing ISBNs.

My research activity has been further strengthened through participation in 6 research projects as a team member. Notably, I also served as principal investigator for a privately funded research grant, with a total value of 20,000 Euros, which contributed to the advancement of applied research in the field.

Professional Development and Institutional Responsibilities

Following the awarding of the title of Doctor of Medical Sciences in April 2016, my professional trajectory has been marked by a continuous and structured advancement within higher education and academic administration. Key stages of this progression include:

- Completion of the Master's Program in Health Services Management in July 2016.
- Graduation from the Postgraduate Program *New Training and Evaluation Techniques in Medical and Pharmaceutical Disciplines* at UMFST "George Emil Palade" of Târgu Mureș in 2020.
- Obtaining the Certificate of Linguistic Proficiency in 2021.
- Graduation from the Postgraduate Program *Digital Competencies in the Use of E-Learning Platforms* at UMFST "George Emil Palade" of Târgu Mureș in 2022, a program aligned with the increasing digitalization of education.
- Appointment in 2017 to the academic position of *Head of Works (Lecturer)* in the Discipline of Community Nutrition and Food Hygiene.
- Promotion in 2024 to the academic rank of *Associate Professor* within the same discipline, part of the Department M2 – Complementary Functional Sciences.
- Since 2021, I have held the position of *President of the Romanian College of Dietitians (CDR)*.

Academic and Educational Contributions

Throughout my academic career, I have been actively involved in enhancing the educational experience of students through the development of teaching materials, participation in institutional activities, and direct mentorship. My contributions have consistently supported the consolidation of both the theoretical and practical foundations of student training in the field of nutrition and dietetics.

Key contributions include:

- **Development of educational resources:** I authored or co-authored a total of **9 specialized books**, of which **5 as main author** and **4 as co-author**, in collaboration with colleagues from the Discipline of Community Nutrition and Food Hygiene. These materials have supported both lecture-based instruction and practical learning.

- **Supervision of student research:** I coordinated **34 bachelor's theses** and **37 master's dissertations**, fostering research skills and critical thinking in students across both academic cycles.
- **Participation in academic evaluation committees:** I was an active member in numerous specialist committees, including those responsible for the elaboration of topics for the **bachelor's examination** (both theoretical and practical components) in the field of Nutrition and Dietetics. I also contributed to the **admission processes for the master's program** in Clinical and Community Nutrition, as well as to **dissertation defense committees**.
- **Tutoring and mentoring:** I regularly provided academic guidance to students enrolled in both the bachelor's program in Nutrition and Dietetics and the master's program in Clinical and Community Nutrition, supporting their academic progress and professional development.
- **Coordination of professional practice:** I was responsible for overseeing the **specialty practical training** within the master's program in Clinical and Community Nutrition, ensuring alignment between theoretical knowledge and practical competencies.

Career Development and Evolution Plans

Development in Scientific Activity

- I intend to finalize ongoing research projects and ensure the dissemination of results through publication in peer-reviewed journals and presentations at national and international scientific events.
- I will continue to foster interdisciplinary collaboration in research by engaging with professionals from related fields such as public health, mental health, maternal care, behavioral sciences, and nutritional epidemiology.

Development in Professional Activity

- A major objective remains the advancement and recognition of the dietetics profession both nationally and internationally. I aim to contribute actively to professional bodies, support policy development, and promote the integration of dietitians as essential members of healthcare teams.

Development in Academic Activity

- I will continue to support the academic training of students enrolled in undergraduate and postgraduate programs by incorporating the latest evidence-based knowledge in nutrition and dietetics into the curriculum.
- For the year 2025, I plan to publish two academic books:
 - **"The Foundations of Nutrition and Dietetics. Practical Guide"**, a comprehensive reference designed to support both students and practitioners;
 - **"The Process of Nutritional Care"**, which will detail a structured, evidence-informed approach to nutritional assessment and intervention in clinical practice.