



CURRICULUM VITAE

Date personale:

Nume, Prenume: **Cosmin O. Popa**

Titlu academic: Conferențiar universitar

Departament: SL1

E-mail instituțional: cosmin.popa@umfst.ro



Domenii de interes (maximum 5 domenii, direcții):

Psihopatologie, Psihologie clinică, Psihoterapie Cognitiv-Comportamentală, Psihoterapia Cognitiv-Comportamentală bazată pe procese, CBT Transdiagnostic.

Activitate de cercetare:

1. Proiecte de cercetare (maximum 3 proiecte)

1. *Cognitive-behavioral therapy augmented with Virtual Reality versus standard cognitive-behavioral therapy for generalized anxiety disorder*, Research Grant number 239/7/14.01.2020 (project director).
2. *Remedial cognitive-behavioral counseling intervention for first-year students at risk of academic abandonment*, Research Grant number 49/SGU/NC/I (project director).
3. *The Center for Learning, Personal Development and Coaching of the University of Medicine and Pharmacy from Targu Mures*, Research Grant number 82/SGU/NC/I (project coordinator).

2. Lucrări publicate in extenso (maximum 5 lucrări)

1. Schenk, A., **Popa, C. O.**, Cojocaru, C. M., Marian, Ș., Maier, S., & Bălașa, R. (2024). The Path from Personality to Anxiety and Depression Is Mediated by Cognition in Multiple Sclerosis. *Journal of personalized medicine*, 14(7), 682.
2. Schenk, A., **Popa, C. O.**, Cojocaru, C. M., Marian, Ș., Maier, S., Băjenaru, O. L., & Bălașa, R. (2024). An Online Single-Session Cognitive Behavioral Therapy for Depression and Anxiety Associated with Multiple Sclerosis-Pilot Study. *Behavioral sciences*, 14(7), 620.





3. **Popa, C.O.**, Sava, F. A., Muresan, S., Schenk, A., Cojocaru, C. M., Muntean, L. M., & Olah, P. (2022). Standard CBT versus integrative and multimodal CBT assisted by virtual-reality for generalized anxiety disorder. *Frontiers in Psychology*, 13, 1008981.
4. **Popa, C.O.**, Rus, A. V., Lee, W. C., Cojocaru, C., Schenk, A., Văcăraș, V., Olah, P., Mureșan, S., Szasz, S., & Bredicean, C. (2022). The Relation between Negative Automatic Thoughts and Psychological Inflexibility in Schizophrenia. *Journal of Clinical Medicine*, 11(3), 871.
5. **Popa O.C.**, Predatu R. The Effect of an Integrative CBT/REBT Intervention in Improving Emotional Functioning and Emotional Stability in Romanian Medical Students, *Journal of Evidence Based Psychotherapies*, 2019, 19(1): 59-71.

