



PERSONAL INFORMATION

Name **ZANCU SIMONA ALEXANDRA**
 Address Alexandru Ioan Cuza University, Faculty of Psychology and Education Sciences, Str. Toma Cozma 3, 700554, Iași, România
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 Nationality Romanian
 Date of birth 19.02.1984



EDUCATION AND TRAINING

- Dates 2016 - 2019
 - Name and type of organization University "Alexandru Ioan Cuza" Iași, Romania, Faculty of Psychology and Educational Sciences
 - Title of qualification awarded **Doctor in Psychology**
- Dates 2014 - 2016
 - Name and type of organization University "Alexandru Ioan Cuza" Iași, Romania, Faculty of Psychology and Educational Sciences
 - Title of qualification awarded **Master in Psychology – Clinical Psychology and Psychotherapy**
- Dates 2003 - 2007
 - Name and type of organization University "Alexandru Ioan Cuza" Iași, Romania, Faculty of Psychology and Educational Sciences
 - Title of qualification awarded **Bachelor in Psychology**
- Dates 2017 - 2021
 - Name and type of organization Romanian Association of Clinical Hypnosis, Relaxation and Ericksonian Therapy
 - Principal subjects/occupational skills covered Professional Training Program in Psychotherapy - Clinical Hypnosis, Relaxation and Ericksonian Therapy
 - Title of qualification awarded **Psychotherapist**
- Dates December 2019
 - Name and type of organization Institute of Developmental Psychology
 - Principal subjects/occupational skills covered Continuing professional training course "Anxiety and depressive disorders in adults: case conceptualization and therapeutic intervention models"
- Dates March 2017
 - Name and type of organization Romanian Association of Clinical Hypnosis, Relaxation and Ericksonian Therapy
 - Subjects/occupational skills covered Continuing professional training course "Mindfulness and Psychotherapy"
- Dates January - June 2016
 - Name and type of organization "Babes-Bolyai" University, Cluj-Napoca, Faculty of Psychology and Educational Sciences
 - Principal subjects/occupational skills covered Continuing Postgraduate Professional Training Program "Animal Assisted Therapy and Activities for People with Special Needs"
 - Title of qualification awarded Certificate of professional competence - 24 ECTS credits
- Dates November 2016
 - Name and type of organization ARC 2000 – Regional Agency for Consultancy in Human Resource Management
 - Subjects/occupational skills covered Continuing professional training course "Personality Assessment from normality to pathology"
- Dates December 2015
 - Name and type of organization Romanian Association of Projective Psychodiagnosis
 - Principal subjects/occupational skills covered Continuing professional training workshop "Use of expressive-creative methods in the psychological assessment and psychotherapy of children, adolescents and family"

- Dates 2010
- Name and type of organization „Studia” Training Association – Authorized by National Agency for Qualification
- Subjects/occupational skills covered Vocational training, Design, organization, evaluation of training programs
- Title of qualification awarded **Trainer**
- Dates 2010
- Name and type of organization „Studia Training” Association – Authorized by National Agency for Qualification
- Title of qualification awarded **Quality Auditor**
- Dates 2009
- Name and type of organization „Studia” Training Association – Authorized by National Agency for Qualification
- Title of qualification awarded **Professional Competencies Evaluator**
- Dates 2009
- Name and type of organization „Studia” Training Association – Authorized by National Agency for Qualification
- Title of qualification awarded **Project Manager**
- Dates 2003-2007
- Name and type of organization University "Alexandru Ioan Cuza" Iași, Romania
- Title of qualification awarded Psycho-Pedagogical Training Programme
- Dates 2003
- Name and type of organization "Octav Băncilă" Arts High School, Iași
- Title of qualification awarded Baccalaureate Diploma, Professional Certificate in Fine Arts

WORK EXPERIENCE

- Dates 2022 - onwards
- Institution **University "Alexandru Ioan Cuza" Iași, Faculty of Psychology and Educational Sciences, Department of Psychology**
- Type of business or sector **Assistant Professor**
- Occupation or position held
- Main activities and responsibilities Teaching activities – Bachelor level, Psychology - disciplines: *Experimental Psychology* – year 2, *Health Psychology* - year 2, *Psychology of Resilience* year 3
- Dates 2017 - 2022
- Institution **University "Alexandru Ioan Cuza" Iași, Faculty of Psychology and Educational Sciences, Department of Psychology**
- Type of business or sector **Associate Assistant Professor**
- Occupation or position held
- Main activities and responsibilities Teaching activities – Bachelor level, Psychology - disciplines:
 - *Experimental Psychology* – Psychology – year 2 – 2017 - 2022
 - *Health Psychology* - Psychology – year 2 – 2017 - 2021
 - *Computerized Data Analysis* - Psychology – year 1– 2017 - 2020
 - *Psychology of Resilience* - Psychology – year 3– 2017 – 2018
- Dates 2021 - 2023
- Institution **University "Alexandru Ioan Cuza" Iași, Faculty of Psychology and Educational Sciences**
- Type of business or sector Scientific Research
- Occupation or position held **Scientific Research Assistant**
- Main activities and responsibilities Research Project "*Transition to middle school: A longitudinal approach investigating risk and protective factors*", funded by *Executive Unit for Financing Higher Education, Research, Development and Innovation: PN-III-P4-ID-PCE-2020-2963*
- Dates 2015 - onwards
- Institution Private Practice Psychology Office
- Type of business or sector Clinical Psychology, Psychotherapy (authorized by the Romanian College of Psychologists)
- Occupation or position held Psychologist – Clinical psychology, Psychotherapy
- Main activities and responsibilities Psychological clinical assessment and intervention, Psychotherapy

- Dates 2009 - 2012
- Institution CNFPA - National Council for Adult Vocational Training
- Type of business or sector Adult Professional Training
- Occupation or position held Evaluator – Specialized collaborator of Iași County Authorization Commission
- Main activities and responsibilities Evaluation for authorization and certification of professional training in authorized programs
- Dates 2010
- Institution National Authority for Sports and Youth
- Type of business or sector Institutional Development Project "Public administration in the service of the citizen"
- Occupation or position held Evaluator in the CNFPA examination commission
- Main activities and responsibilities Assessment and certification of professional competencies through authorized training programs
- Dates 2009 - 2010
- Institution Cross-border Center for the Prevention of Modern Trafficking in Human Beings
- Type of business or sector Cross-border cooperation project funded by European Union through Phare CBC Program
- Occupation or position held Collaborating Psychologist
- Main activities and responsibilities Psychological counseling, elaboration of educational materials, civic information strategies
- Dates 2009
- Institution EuroDEMOS Association in collaboration with the OSCE and the Council of Europe
- Type of business or sector International Training "How to forestall the modern human traffic" funded by Council of Europe
- Occupation or position held Trainer - Psychologist
- Main activities and responsibilities Training sessions for representatives of 10 states: "Psychological and social implications of trafficking in human beings"
- Dates 2006-2009
- Institution EuroDEMOS Association – authorized by National Council for Adult Vocational Training
- Type of business or sector Authorized Professional Training Center
- Occupation or position held Trainer and Coordinator of authorized professional training programs

SCIENTIFIC EXPERIENCE

PUBLICATIONS:

ARTICLES published in scientific IF Journals indexed in WEB OF SCIENCE

- 2022 Zancu, S.A., Măirean, C., & Diaconu-Gherasim, L.R. (2022). The Longitudinal Relation between Time Perspective and Preventive Behaviors during the COVID-19 Pandemic: The Mediating Role of Risk Perception. *Current Psychology*. (IF = 4.297)
- 2022 Enea, V., Candel, O.S., Zancu, S.A., Maftei, A., Birladeanu, L. & Timofte, D. (2022). The relationship between COVID-19 related fear, death obsession and religiosity in people living with type-2 diabetes. *Omega - Journal of Death and Dying*. (IF = 2.854)
- 2021 Zancu, S.A., Dafinoiu, I., & Enea, V. (2021). Alexithymia, body image and disordered eating in fashion models and student athletes. *Eating and Weight Disorders*. 1-8. (IF = 4.652)
- 2021 Enea, V., Candel, O.S., Zancu, S.A., Scrumeda, A., Bărbușelu, M., Largu, A., & Manciu, C. (2021). Death anxiety and burnout in intensive care unit specialists facing the COVID-19 outbreak: The mediating role of obsession with COVID-19 and coronaphobia. *Death Studies*, 1-10. (IF = 2.245)
- 2019 Zancu, S.A., Rodgers, R., & Enea, V. (2019) Self-determined motivation for eating behavior regulation and sociocultural influences among Romanian fashion models. *Body Image*, 31, 150-159. (IF=3.124)
- 2017 Zancu, S.A. & Enea, V. (2017). Eating disorders among fashion models: a systematic review of the literature. *Eating and Weight Disorders*, 22(3), 395-405. (IF= 2.154)

BOOK CHAPTERS:

- 2022 Zancu, A. & Diaconu-Gherasim, L. (2022) Stress in childhood and adolescence. Causes and consequences. In G. Pânișoară (Ed.) *Parenting from A to Z. 80 challenging topics for today's parents*. Polirom.
- 2022 Zancu, A. & Enea, V. (2022) Eating Disorders. In G. Pânișoară (Ed.) *Parenting from A to Z. 80 challenging topics for today's parents*. Polirom.
- 2022 Zancu, S.A., Scrumeda, A., & Enea, V. (2022) Psychological Assessment of Children. In C. Soponaru (Ed.) *Handbook of Clinical Psychology (Manual de Psihologie Clinică)*. Polirom.
- 2022 Diaconu-Gherasim, R.L. & Zancu, A. (2022) Associative Method. In L. Diaconu-Gherasim, C. Măirean & M. Curelaru (Eds.) *Quantitative Research Methods. Designs and applications in social sciences*. Polirom.
- 2022 Diaconu-Gherasim, L. & Zancu, A. (2022) Experimental Research. In C. Soponaru (Ed.) *Handbook of Clinical Psychology (Manual de Psihologie Clinică)*. Polirom.

- 2022 Măirean, C. & Zancu, A. (2022) Comparative Method. In L. Diaconu-Gherasim, C. Măirean & M. Curelaru (Eds.) *Quantitative Research Methods. Designs and applications in social sciences*. Polirom.
- 2021 Zancu, A. & Enea, V. (2021) Developing children's attachment to foster carers and adoptive parents. Training program. In V. Enea (Ed.) *Psychological Approach to Adoption and Maternal Care*, coordonator (pp. 494-507). Polirom
- 2019 Zancu, A. & Enea, V. (2019) Prevention of behavioral disorders. In V. Enea (Ed.) *Psychological Interventions in School. The School Counselor's Handbook* (pp. 225-241). Polirom
- 2017 Dafinoiu, I. & Zancu, A. (2017) Assessment of eating disorders. In V. Enea & I. Dafinoiu (Eds), *Psychological Assessment. Clinical Psychologist's Handbook* (pp. 477-490). Polirom
- 2015 Zancu, S.A. & Gotcă, I. (2015) Psychological analysis of the risk and consequences caused by disordered eating behaviors - Case study. In V. Mocanu (Ed.) *Prevention of Childhood Obesity*. "Grigore T. Popa" University of Medicine and Pharmacy Iasi
- 2009 Zancu, S.A et al. (2009) Coordination of performance preparation activities. In M. Bolea (ed.) *Handbook of Qualified Events Organizer*. StudIS
- 2009 Zancu, S.A (2009) Activity planning. In M. Bolea (ed.) *Handbook of Qualified Fashion Model*. StudIS

Other publications:

- 2007 Member in the Elaboration Team of the Occupational Standard: Events Organizer (2007) *National Authority for Qualifications*.
- 2006 Member in the Elaboration Team of the Occupational Standard: Fashion Model (2006) *National Authority for Qualifications*.

Member in RESEARCH PROJECTS:

- 2021- 2023 Scientific Research Assistant – Research Project "Transition to middle school: A longitudinal approach investigating risk and protective factors", Funded by UEFISCDI, PN-III-P4-ID-PCE-2020-2963, Project Director Prof. Dr. Loredana R. Diaconu-Gherasim, Faculty of Psychology and Educational Sciences, Alexandru Ioan Cuza University of Iasi
- 2020 - prezent Member of the research project team "Psychological factors and psychosocial implications in the context of the COVID-19 pandemic", Coordinator Prof. Univ. Dr. Loredana R. Diaconu-Gherasim, Department of Psychology, Faculty of Psychology and Educational Sciences, UAIC Iasi
- 2017 - prezent Member of the "Multidisciplinary Research Laboratory", Coordinator Prof. Dr. Violeta Enea, Research Center in Psychology, Faculty of Psychology and Educational Sciences, "Alexandru Ioan Cuza" University of Iasi
- 2020 - prezent Member of the Research Laboratory "Risk, Resilience and Social Contexts", Coordinator Prof. Dr. Loredana R. Diaconu-Gherasim, Research Center in Psychology, Faculty of Psychology and Educational Sciences, "Alexandru Ioan Cuza" University of Iasi
- 2005-2007 Researcher in the research project for elaboration of the Occupational Standard Events organizer (COR code: 342909) and of the Occupational Standard Fashion Model (COR code: 521001)

Participation in SCIENTIFIC EVENTS:

- 2021 Zancu, S.A., Măirean, C. & Diaconu-Gherasim, R.L. (2021) *A longitudinal investigation of Time Perspective and Preventive Behaviors during COVID-19 pandemic*, International Conference on Applied Psychology and Educational Sciences, 9th edition - Iasi, 2021.
- 2021 Măirean, C., Diaconu-Gherasim, R.L. & Zancu, S.A., (2021) *Time Perspective and Preventive Behaviors during COVID-19 pandemic: the mediating role of risk perception and efficacy beliefs*, Conference of the Romanian Psychologists Association 2021.
- 2019 Zancu, S.A. (2019) *Risk and protective factors for disordered eating behavior*, International Conference on Applied Psychology and Educational Sciences, 8th edition - Iasi, 2019
- 2017 Zancu, S.A. (2017) *An Overview of Contemporary Perspectives on Body Image*, International Conference on Applied Psychology and Educational Sciences, 7th edition - Iasi, 201
- 2017 International Summer School "Psychological and educational research without borders", 2017 University "Alexandru Ioan Cuza" Iasi, Romania, Faculty of Psychology and Educational Sciences
- 2018 Summer School "Dialectical-Behavioral Psychotherapy & Structural Equation Modeling", 2018 University "Alexandru Ioan Cuza" Iasi, Romania, Faculty of Psychology and Educational Sciences
- 2015 Zancu, S.A. & Gotcă, I. (2015) *Psychological analysis of the risk and consequences caused by disordered eating behavior - Case study*, Conference Prevention of Childhood Obesity, 3rd Edition, May 23, 2015, Iasi, University of Medicine and Pharmacy "Gr. T Popa" Iasi

PROFESSIONAL AFFILIATIONS

Member of *Romanian College of Psychologists*
 Member of *Romanian Association of Clinical Hypnosis, Relaxation and Ericksonian Therapy*