

Curriculum Vitae

Last name: Vîslă

Date of birth:

First name: Andreea

27.02.1987

Education

2014

Ph.D., Psychology

Babes-Bolyai University, Cluj-Napoca, Romania

Advisor: Dr. Daniel David

Dissertation Title: *Specific and Nonspecific Factors in the Treatment of Psychopathology. Implications for Anxiety and Depression Disorders*

2011

M.S., Clinical Psychology and Psychotherapy

Babes-Bolyai University, Cluj-Napoca, Romania

Advisor: Dr. Aurora Szentagotai

Dissertation Title: *Automatic Thoughts and Response Expectancies Mediate the Relationship Between Irrational Beliefs and Public Speaking Anxiety*

2009

B.A., Psychology

Babes-Bolyai University, Cluj-Napoca, Romania

Advisor: Dr. Anca Dobrean

Dissertation Title: *The Difference Between Hopes and Response Expectancies for Pain in Amputee Patients*

Professional Experience and Development

2016 – present

Postdoctoral Researcher

University of Zürich, Zürich, Switzerland

Department of Psychology, Chair of Psychological Interventions and Psychotherapy,

Prof. Dr. Christoph Flückiger

2015 – present

Assistant Professor

Stefan cel Mare University of Suceava, Suceava, Romania

Department of Educational Sciences

2013-2014

Sciex Fellow (NMS-CH 12.319)

University of Zürich, Zürich, Switzerland

Department of Psychology, Chair of Clinical Psychology and Psychotherapy
for Depression, Prof. Dr. Martin grosse Holtforth

2012-2013

Research Assistant

Babes-Bolyai University, Cluj-Napoca, Romania

Department of Clinical Psychology and Psychotherapy

“Cognitive-Emotional Development of Preschool Children”

(POSDRU/91/2.2/59988), Dr. Sebastian-Ovidiu Pinte

2010-2011

Kindergarten Teacher

“Neghinita” Kindergarten

Cluj-Napoca, Romania

Publications

Constantino, M. J., **Vîslă, A.**, Coyne, A. E., & Boswell, J. F. (in press). Patients’ psychotherapy expectations and outcome: A meta-analysis. *Psychotherapy*.

Constantino, M. J., Boswell, J. F., Iles, B. R., Coyne, A. E., & **Vîslă, A.** (in press). Treatment credibility and outcome: A meta-analysis. *Psychotherapy*.

Constantino, M. J., **Vîslă, A.**, Coyne, A. E., & Boswell, J. F. (in press) *Patients’ psychotherapy expectations*. In J. Norcross & M. Lambert (Eds.), *Psychotherapy Relationships that Work* (3rd ed.). New York: Oxford University Press.

Constantino, M. J., Boswell, J. F., Iles, B. R., Coyne, A. E., & **Vîslă, A.** (in press). *Treatment credibility*. In J. Norcross & M. Lambert (Eds.), *Psychotherapy Relationships that Work* (3rd ed.). New York: Oxford University Press.

Flückiger, C., Del Re, A. C., Barth, J., Hoyt, W. T., Levitt, H., Munder, T., Spielmans, G. I., Swift, J. K., **Vîslă, A.**, & Wampold, B. E. (2018). Special Section: Considerations of How to Conduct Meta-Analyses in Psychological Interventions. *Psychotherapy Research*. doi:10.1080/10503307.2018.1430390

Vîslă, A., Flückiger, C., Constantino, M. J., Krieger, T., grosse Holtforth, M. (2018). *Patient characteristics and the therapist as predictors of depressed patients’ outcome expectation over time: A multilevel analysis*. *Psychotherapy Research*. doi:10.1080/10503307.2018.1428379

Flückiger, C., Held, J., Wolfer, C., Allemand, M., **Vîslă, A.** (2017). Ressourcenorientierung als Interventionsleitbild [Resource orientation as interventional guideline]. *Psychotherapeut*, 62, 136-141. doi:10.1007/s00278-017-0168-x

Vîslă, A. (2016). Starting a career in Research. *The Integrative Therapist*, 2, 5-6.

Vîslă, A., Constantino, M. J., Newkirk, K., Ogrodniczuk, J. S., & Söchting, I. (2016). The relation between outcome expectation, therapeutic alliance, and outcome among depressed patients in group

cognitive-behavioral therapy. *Psychotherapy Research*. Advance online publication.

doi:10.1080/10503307.2016.1218089

Flückiger, C., Znoj, H. J., & **Višlă, A.** (2016). Detecting information processing bias toward psychopathology: Interpreting Likert scales at intake assessment [Special Issue]. *Psychotherapy*, *53*, 284-290. doi:10.1037/pst0000081

Constantino, M. J., **Višlă, A.**, Ogrodniczuk, J. S., Coyne, A. E., & Söchting, I., (2016). Forward thinking: Correlates of posttreatment outcome expectation among depressed outpatients. [Special Issue] *Studies in Psychology*. *37*, 282-310. doi:10.1080/02109395.2016.1189205

Višlă, A., Flückiger, C., grosse Holtforth, M., & David, D. (2015). Irrational beliefs and psychological distress: A meta-analysis. *Psychotherapy and Psychosomatics*, *85*, 8-15. doi:10.1159/000441231

Višlă, A., grosse Holtforth, M., & David, D. (2015). Descriptive/Inferential cognitive processes and evaluative cognitive processes: Relationships among each other and with emotional distress. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, *33*, 148-159. doi:10.1007/s10942-015-0207-x

Podină, I. R., & **Višlă, A.** (2014). Being socially anxious is not enough: Response expectancy mediates the effect of social anxiety on state anxiety in response to a social-evaluative threat. *Journal of Evidence-Based Psychotherapies*, *14*, 85-94.

Višlă, A., Cristea, I. A., Szentágotai Tătar, A., & David, D. (2013). Core beliefs, automatic thoughts, and response expectancies in predicting public speaking anxiety. *Personality and Individual Differences*, *55*, 856-859. doi:10.1016/j.paid.2013.06.003

Manuscripts under Review

Flückiger, C., Wolfer, C., Held, J., Hilpert, P., Rubel, J., Allemand, M., Zinbarg, R. E., & **Višlă, A.** (2018). *How to customize a bona fide psychotherapy for generalized anxiety disorder? A two-arms, patient blinded, ABAB crossed-therapist randomized clinical implementation trial design [IMPLEMENT 2.0]*. Manuscript under review.

Manuscripts in Preparation (Data Collected)

Rubel, A. J., Hilpert, P., Wolfer, C., Held, J., **Višlă, V.**, Flückiger, C. (2018). *The working alliance in manualized CBT for generalized anxiety disorder: Does it lead to change and does its effects vary depending on the flexibility with which the manual is implemented?* Manuscript in preparation.

Podină, I. R., **Višlă, A.**, Fodor, L. A. & Flückiger, C. (2018). *Cognitive restructuring versus exposure in the treatment of anxiety disorders: A multilevel longitudinal meta-analysis*. Manuscript in preparation.

Constantino, M. J., **Višlă, A.**, Ametrano, R. M., Overtree, C. E., & Smith, J. Z. (2018). *Patient outcome expectations and credibility beliefs as predictors of the process and treatment outcome*. Manuscript in preparation.

Conference Presentations

- Vîslă, A., Held, J., Wolfer, C., & Flückiger, C. (submitted). *Ecological momentary assessment of worry and strengths episodes in generalized anxiety disorder patients*. Paper submitted for presentation at the 49th International Meeting of the Society for Psychotherapy Research (SPR), Amsterdam, Holland.
- Constantino, M. J., Vîslă, A., Coyne, A. E., & Boswell, J. F. (submitted). *Patients' psychotherapy expectations*. Paper submitted for presentation at the 126th annual meeting of the American Psychological Association, San Francisco, CA.
- Coyne, A. E., Constantino, M. J., Boswell, J. F., Iles, B. R., & Vîslă, A. (submitted). *Treatment credibility*. Paper submitted for presentation at the 126th annual meeting of the American Psychological Association, San Francisco, CA.
- Vîslă, A., Flückiger, C., Grosse Holtforth, M., & David, D. (2017, June). *Quantitative meta-analysis of basic cognitive assumptions: Queries, challenges, and innovations of 60 years of research*. Paper presented at the 48th International Meeting of the Society for Psychotherapy Research (SPR), Toronto, Canada.
- Held, J., Vîslă, A., Wolfer, C., Flückiger, C. (2017, June). *Working memory capacity in generalized anxiety disorder – Feasibility of a task-focused worry induction*. Paper presented at the 48th International Meeting of the Society for Psychotherapy Research (SPR), Toronto, Canada.
- Wolfer, C., Held, J., Vîslă, A., Flückiger, C. (2017, June). *Therapist skills and therapists' characteristics in GAD-treatment – A preliminary investigation*. Paper presented at the 48th International Meeting of the Society for Psychotherapy Research (SPR), Toronto, Canada.
- Held, J., Wolfer, C., Vîslă, A., Flückiger, C. (2017, Mai). *IMPLEMENT 2.0: Frühe Veränderungssprünge in der Psychotherapie nutzen? [IMPLEMENT 2.0: Utilizing early changes in Psychotherapy?]* Paper presented at the 10. Workshopkongress für Klinische Psychologie und Psychotherapie, Chemnitz, Germany.
- Grosse Holtforth, M., Vîslă, A., Krieger, T., & Flückiger, C. (2015, September). *Raising hopes: Differential change of patients' outcome expectancies depending on the person of the therapist*. Paper presented at the 14th Congress of the Swiss Psychological Society, Geneva, Switzerland.
- Vîslă, A., Flückiger, C., Krieger, T., Constantino, M. J., & Grosse Holtforth, M. (2015, June). *The interaction between patient and therapist variability in alliance quality predicts change in outcome expectations during therapy*. Paper presented at the 46th International Meeting of the Society for Psychotherapy Research (SPR), Philadelphia, Pennsylvania, USA.
- Grosse Holtforth, M., Vîslă, A., Krieger, T., & Flückiger, C. (2015, June). *My therapist raises my hopes! Differential change of patients' outcome expectancies related to the person of the therapist*. Paper

presented at the 46th International Meeting of the Society for Psychotherapy Research (SPR), Philadelphia, Pennsylvania, USA.

Vîslă, A., Flückiger, C., Krieger, T., Constantino, M. J., & Grosse Holtforth, M. (2015, June). *A three-level model of patient characteristics and therapist effects as predictors of depressed patients' initial outcome expectations and change in outcome expectations*. Paper presented at the 31st International Annual Meeting of the Society for the Exploration of Psychotherapy Integration (SEPI), Baltimore, Maryland, USA.

Vîslă, A. (2015, March). *How expectations influence our emotions?* Invited talk at the Brain Awareness Week (BAW), Dana Foundation, Bucharest, Romania.

Vîslă, A., Flückiger, C., Grosse Holtforth, M., & David, D. (2014, June). *Irrational beliefs and psychological distress: A meta-analysis*. Paper presented at the 45th International Meeting of the Society for Psychotherapy Research (SPR), Copenhagen, Denmark.

Vîslă, A., Grosse Holtforth, M., & David, D. (2014, June). *Cognitions in cognitive-behavior therapies: The role of descriptions, inferences and evaluations in predicting emotional distress*. Poster presented at the 45th International Meeting of the Society for Psychotherapy Research (SPR), Copenhagen, Denmark.

Vîslă, A., Grosse Holtforth, M., & David, D. (2014, June). *Cognitions in cognitive-behavioral therapies: Implications for the coaching field*. Paper presented at the 1st International Congress of Cognitive Behavioral Coaching (ICCBC), Cluj-Napoca, Romania.

Vîslă, A., Krieger, T., Flückiger, C., Grosse Holtforth, M. (2014, March). *Who expects what influences what they get: The prediction of therapy outcome by various types of expectancies and the influence of therapist factors*. Poster presented at the 22nd European Congress of Psychiatry (EPA), Munich, Germany.

Cristea, I., Lucacel, R., Apopi, D., **Vîslă, A.**, Szentagotai, A., & David, D. (2010, October). *Differential impact of reappraisal and acceptance as emotional regulation strategies for socially anxious subjects*. Paper presented at the European Association for Behavioural and Cognitive Therapy Congress (EABCT), Milano, Italy.

Vîslă, A., Cristea I., Szentagotai A., & David D. (2010, September). *Expectancy regarding the effectiveness of emotion regulation strategy (reappraisal versus acceptance) moderates the relationship between expectancy regarding anxiety and anxiety*. Poster presented at the 24th European Health Psychology Conference: Health in Context, Cluj-Napoca, Romania.

Brailean A. M., Cocia I. R., & **Vîslă, A.** (2010, September). *Does anhedonia reflect faulty attention to positive emotions?* Poster presented at the 24th European Health Psychology Conference: Health in Context, Cluj-Napoca, Romania.

Research Grants

2013-2014 SCIEX Fellowship (NMS-CH 12.319; 67'000 CHF) granted by the
Rector' Conference of the Swiss Universities (CRUS)
Host Mentor: Prof. Dr. Martin Grosse Holtforth, University of Zürich

Professional Service

Manuscript Reviewing

Review Editor *Frontiers in Psychiatry*, Public Mental Health Section

Ad-hoc reviewer for *Psychotherapy Research; Clinical Psychology and Psychotherapy; Journal of Rational-Emotive and Cognitive-Behavior Therapy; The American Journal on Addictions; Aging and Mental Health*

Bachelor and Master theses coordination

Lea Rhyner (2017, June). *A Systematic Review of Scales Measuring Worry Domains*. Department of Psychology, University of Zurich

Nadine Torresan (2018, June). *Ecological momentary assessment of worry and strengths episodes in generalized anxiety disorder patients*. Department of Psychology, University of Zurich

Céline Stadelmann (2018, June). *Worry and negative mental health: A meta-analysis*. Department of Psychology, University of Zurich

Lea Rhyner (2019, June). *Worry and positive mental health: A meta-analysis*. Department of Psychology, University of Zurich

Honours and Awards

2015 **Florian-Stefanescu Goanga Award for Excellence in Research**
€ 1000 for research-related expenses
Babes-Bolyai University

2015 **Paul L. Wachtel Travel Award**
\$ 1000 for travel expenses
Society for the Exploration of Psychotherapy Integration

2014 **European Student Travel Award**
€ 400 for travel expenses
Society for Psychotherapy Research

2014 **International Student Award**
\$ 1000 for travel expenses
Society for Psychotherapy Research

2014 **The 2013 and 2016 Albert Ellis Award for Research**

Albert Ellis Institute, New York, US

Professional Memberships and Affiliations

American Psychological Association (APA)

Division 29 (Society for the Advancement of Psychotherapy) of the APA

Society for Psychotherapy Research (SPR)

Society for the Exploration of Psychotherapy Integration (SEPI)

Romanian Association for Cognitive and Behavioral Therapies

Professional training

Primary and Advanced Certificate Practicum in Rational-Emotive & Cognitive Behavior Therapy (2015, July), Albert Ellis Institute, New York, USA

Clinical Psychologist and Psychotherapist (The Romanian College of Psychologists; 08813)

Related Service

2010-2011 *Autism Transilvania* volunteer
Cluj-Napoca, Romania

2007-2009 *Adults Clinical Hospital* clinical practice
“Psychological factors involved in postoperative pain in amputee patients” Grant, Babes-Bolyai University in collaboration with Iuliu-Hatieganu University of Medicine and Pharmacy, Cluj-Napoca, Romania

Workshop Participation (selection)

05.2017 Meta-Analysis for Psychology Researchers: A practical Application of Basic and Advanced Meta-Analytic Procedures. Dr. A. C. del Re, Center for Innovation to Implementation, VA Palo Alto Health Care System, USA

11. 2016 “Cognitive-Behavioral Therapy for Generalized Anxiety”, Dr. Richard Zinbarg, Northwestern University, USA

10.2014 “Emotional development of children and adolescents through Rational Emotive Behavioral Education”, Dr. Ann Vernon, Albert Ellis Institute, New York, USA

03.2014 “Writing Grant Applications”, PD Dr. Christian Dobel, Universität Münster, Germany

12.2013 “Mixed Models in R”, Dr. Bertolt Meyer, University of Zürich, Switzerland

- 09.2013 “Introduction to R Program”, Dr. Christina Werner, University of Zürich, Switzerland
- 08-10.2013 “Writing Research Articles in Psychology”, Dr. Simon Milligan, University of Zürich, Switzerland
- 08.2013 “Study Design, Statistical Power, and Data Analysis”, Dr. Edgar Erdfelder, Universität Mannheim, Germany
- 03.2012 “Ethical Dilemmas in Clinical Psychology and Psychotherapy”, Dr. Thomas Dowd, Kent State University, USA
- 11.2011 “Mistakes in the practice of Rationale-Emotive and Cognitive Behavior Therapy and how to avoid making them”, Dr. Windy Dryden, Goldsmiths University of London, UK
- 10.2011 “Remembering and Forgetting Trauma”, Dr. Richard McNally, Harvard University, USA
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