

## I. Work Experience

February 2024 – present

- Lecturer in Psychology

*Ștefan cel Mare University of Suceava, Faculty of Psychology and Educational Sciences (Suceava, Romania)*

March 2021 – February 2024

- Assistant Professor of Psychology

*Ștefan cel Mare University of Suceava, Faculty of Educational Sciences (Suceava, Romania)*

### IA1. Research interests

*My research interests are focused on studying the intrapersonal and interpersonal effects of emotions and emotional processes on intimate partners' dynamics, the cross-cultural study of emotions and romantic relationships, resilience and personal growth.*

### IA2. Research Experience – Researcher

#### *Leading research projects*

October 2022 – March 2025

- Postdoc position (responsible for the grant)

*Alexandru Ioan Cuza, University of Iași, Faculty of Psychology and Educational Sciences (Iași, Romania)*

**Project:** Co-activated emotion regulation strategies effects on subjective experience (Efectul co-activării strategiilor de reglare emoțională asupra experienței subiective) (national competition – 32.000 RON, co-funded by The European Social Fund, through Operational Programme Human Capital 2014-2020, project number POCU/993/6/13/153322, project title *Educational and training support for PhD students and young researchers in preparation for insertion into the labor market*)

December 2021- present

- Team leader - Interdisciplinary research group

**Project:** Health workers' wellbeing on COVID-19 pandemic times

September 2021- present

- International research group

**Project:** The Behavioral Emotion Regulation Questionnaire (BERQ): cross-cultural validation and its effects on wellbeing (Ștefan cel Mare University of Suceava, Romania, Ovidius University of Constanța, Romania, Universitat de Leida, Spain)

October 2020 – May 2021

- [Postdoc, WiRe Fellowship \(responsible for the grant\)](#)

Couple and Family Psychology Lab, University of Münster, Münster, Germany

**Project:** Emotion regulation within romantic relationships (international competition, 15.000 euro, University of Munster funds)

October 2020 – present

- [Team leader Research team supervision](#)

**Project:** Predictors of romantic relationships quality

**Research team member**

July 2025 – present

- [Researcher](#)

**Project:** IDEATE – Inclusive Digital Education and Teacher Empowerment Academy – Erasmus+ Project (country partners: Romania, Greece, Spain, Italy, Germany (project director Adina-Aurora COLOMIESCHI, PhD, ERASMUS-EDU-2024-PEX-TEACHACA)

June 2025 – present

- [Researcher & trainer](#)

**Project:** MedEP – Management EDucațional Eficient și Profesionist, Cod proiect e-PNRR: 10 (project director USV Doina-Maria SCHIPOR, PhD)

January 2025 – present

- [Researcher](#)

**Project:** UPRISE – Unity in Diversity: Promoting Religious Inclusivity in Greek Muslim Education – Erasmus+ Project (country partners: Greece, Romania, Bulgaria (project director Christos Papakostas, PhD, KA220-SCH-8B5BD04F)

December 2024 – present

- [Researcher & trainer](#)

**Project:** Pedagogie-Educație-Digitalizare (PED@USV) (project director Gabriel Cramariuc, PhD)

November 2022 – February 2025

- [Researcher](#)

**Project:** EduCardia – Assessment and improvement of socioemotional competencies of students powered by a smart digital toolkit and targeted educational activities applied on physical and online – Erasmus+ Project (country partners: Greece, Cyprus, Romania, Spain (project director Eleni Fotopoulou, PhD, 2021-1-EL01-KA220-SCH-000032806)

June 2022 – May 2024

- [Postdoc position](#)

**Project:** Stress and Coping in Family Relationships: Longitudinal Effects on Couple Dynamics and Parenting Behaviors (project director Petruța Rusu, PhD, PN-III-P1-1.1-TE-2021-1203)

March 2022 – December 2023

- [Researcher](#)

**Project:** Serious Games – Developing Emotional Competences for Nursing Students – Erasmus+ Project (country partners: Portugal, Malta, Romania, Spain and Italy (project director Lisa Gomes, PhD, 2020-1-PT01-KA203-078847)

July 2022 – August 2022

- [Researcher](#)

**Project:** Promoting Mental Health at School (PROMEHS), (project director Adina Colomeischi, PhD, 6606689-EPP-1-2018-2-IT-EPPKA3-PI-POLICY)

### **IA3. Research Experience – Collaborative researcher**

March 2025 – present

- [Collaborative Researcher](#)

**Project:** Cross-Cultural Validation and Latent Profiles of the Trauma Appraisal Questionnaire (project director Clifford McKinney, Ph.D, Mississippi State University, USA)

March 2025 – present

- [Collaborative Researcher](#)

**Project:** Think Political Leader, Think He or She? (cross-cultural project (project director Kim Peters, Ph.D, University of Exeter, UK)

September – December 2021

- [Collaborative Researcher](#)

**Project:** Social Support & Help Seeking in a Changing World, (Mississippi State University, USA)

April 2021 – May 2021

- [Collaborative Researcher](#)

**Project:** Culture and Social/Cognitive Style, (University of Chicago, USA)

### **IA4. Research Experience – traineeships**

July 2019 – September 2019

- [Traineeship scholarship at Social Psychology Lab](#)

Hacettepe University, Faculty of Letters, Psychology Department, Ankara, Turkey

**Research topic:** Emotion recognition and emotion regulation as predictors of dyadic satisfaction (analyzing data)

February 2019 – May 2019

- [Traineeship scholarship at Centre for Cross-Cultural Psychology](#)

National and Kapodistrian University of Athens, Faculty of Psychology and Education Sciences, Athens, Greece

**Research topic:** Qualitative and cross-cultural approach of romantic relational anger, hurt and boredom (analyzing data)

July 2018 – September 2018

- [Traineeship scholarship at Deusto Stress Research Lab](#)

University of Deusto, Faculty of Psychology and Education Sciences, Bilbao, Spain

**Research topic:** Negative emotions and romantic relationships: a cross-cultural qualitative analysis (analyzing data)

July 2017 – September 2017

- [Traineeship scholarship at Deusto Stress Research Lab](#)

University of Deusto, Faculty of Psychology and Education Sciences, Bilbao, Spain

**Research topic:** Negative emotions and romantic relationships: a cross-cultural qualitative analysis (developing instruments and collecting data)

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## **IB1. Teaching Experience**

October 2024 – present

- *Courses on Social Psychology I and Social Psychology II, Theoretical approaches of psychological evaluation*  
Stefan cel Mare, University of Suceava, Faculty of Educational Sciences, Specialization - Psychology

October 2023 – present

- *Organizational theories – course and seminar*  
Stefan cel Mare, University of Suceava, Faculty of Educational Sciences, Specialization – Psychology/ Faculty of History and Geography, Specialization – Human Resources

October 2021 – present

- *Psychological resilience - seminar*  
Stefan cel Mare, University of Suceava, Faculty of Educational Sciences, Specialization - Psychology
- *Work psychology – course and seminar*  
Stefan cel Mare, University of Suceava, Faculty of Educational Sciences, Specialization – Psychology/ Faculty of History and Geography, Specialization – Human Resources

March 2021 – present

- *Family psychology - seminar*  
Stefan cel Mare, University of Suceava, Faculty of Educational Sciences, Specialization - Psychology

March 2021 – February 2024

- *Educational psychology - seminar*  
Stefan cel Mare, University of Suceava, Faculty of Educational Sciences

October 2019 – January 2021

- *Personality psychology - seminar*  
Alexandru Ioan Cuza, University of Iasi, Faculty of Psychology and Educational Sciences, Specialization - Psychology

October 2018 – January 2021

- *History of psychology - seminar*  
Alexandru Ioan Cuza University of Iași, Faculty of Psychology and Educational Sciences, Specialization - Psychology

February 2018 – June 2018

- *Psycho-diagnosis for persons with disabilities - seminar*  
Alexandru Ioan Cuza University of Iași, Faculty of Psychology and Educational Sciences, Specialization - Special Psycho-pedagogy

## **IB2. Teaching Experience – teaching Erasmus+ mobilities**

May 19<sup>th</sup> – 23<sup>rd</sup> 2025

- *Social psychology – Interpersonal relationships*  
Jusup Balasagyn National University, Bishkek, Kyrgyzstan

### **IB3. International collaboration**

April 2025 – present

- *Coordinator: NEOLaIA Career Counsellors' Network*

July 7<sup>th</sup> – 11<sup>th</sup> 2025

- *Blended-Intensive Program (project partner): Youth in pictures: Exploring Young People's Visions of the Good Life Through Image Analysis and Biographical Research*  
Coordinator Faculty of Educational Sciences, University of Bielefeld, Germany
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## **IC. Trainings**

### **IC.1. Psychotherapeutic training**

6<sup>th</sup> – 7<sup>th</sup> April 2024

- *Contextual Schema Therapy*  
APCCR, Cluj-Napoca, Romania

October 2021 – September 2024

- *Emotionally Focused Therapy (International Center for Excellence in Emotionally Focused Therapy (ICEEFT) certified)*  
PSIRIS Center Iași, Romania

26<sup>th</sup> – 27<sup>th</sup> May 2023

- *Training – Hold me tight (Sue Johnsons)*
- PSIRIS Center Iași, Romania

30<sup>th</sup>, 31<sup>st</sup> March, 28<sup>th</sup> April 2023

- *Personality disorders from a Cognitive-Behavioral perspective Course. Diagnosis, conceptualization and intervention recommendations.*
- APCCR, Cluj-Napoca, Romania

23<sup>rd</sup> – 26<sup>th</sup> June 2023

- *Emotionally Focused Therapy Summer School*  
PSIRIS Center Iași, Romania

### **IC.2. Training**

7<sup>th</sup> December 2024

- *AI in academics*  
Comunicarea științifică, coordinator Mădălina Cocea, Iași, Romania
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## **II. Education**

October 2016 – September 2020

- *Doctorate programme in psychology*

Alexandru Ioan Cuza, University of Iași, Faculty of Psychology and Education Sciences, Iași, Romania

**Research theme:** "Negative Emotions, Emotional Processes and Relational Outcomes"

October 2013 – July 2015

- Master degree in "Evaluation, Training and Psychological Counseling of Personnel"

Alexandru Ioan Cuza, University of Iași, Faculty of Psychology and Education Sciences, Iași, Romania

**Dissertation topic:** "The Attitude of the Romanian Road Users toward a Graduated Licensing System".

February – March 2014

- Trainer Course with diploma issued by The Ministry of Labor and by The Ministry of Education

During two months, I attended the classes and workshops for developing competences and abilities related to non-formal education activities (continuum formation) applied to adults.

EuroAsia Center, Iași, Romania

September 2014 – June 2015

- Study scholarship Erasmus + (Plus), Master program "General Psychology"

Hacettepe University, Faculty of Letters, Psychology Department, Ankara, Turkey

October 2010 – June 2013

- Graduated of Faculty of Psychology and Education Sciences, major - General Psychology

Alexandru Ioan Cuza, University of Iași, Faculty of Psychology and Education Sciences, Iași, Romania

**Bachelor topic:** "Drivers' Attitude toward Policeman"

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### **III. Teaching Interest**

February – March 2022

- Attachment-based Teaching training
- Acquiring knowledge related to the attachment-based teaching skills

May 2020 – July 2020

- The psycho-pedagogic module (2<sup>nd</sup> level)
- Acquiring knowledge related to the pedagogical aspects of educational systems (teaching methods, teaching procedure, syllabus) and developing abilities for teaching at high school and university level.

October 2017 – December 2017

- EVS Volunteer – Non-formal education activities. Working with Jordanian and Syrians children and young adolescents
- 4 schools from Jerash, Jordan

October 2010 – June 2013

- The psycho-pedagogic module (1<sup>st</sup> level)

October 2012 – June 2013

- Pedagogical internship  
Pedagogic High School "Vasile Lupu" (Iași, România)

March – May 2013

- Initiator, coordinator and participant of "Afterschool" project  
A group of volunteers went and help kids to make their homework.  
General School number 21 "Ion Neculce", (Iași, România)

#### IV. Participations at local, national, international conferences - presenting research

6<sup>th</sup> – 8<sup>th</sup> June 2025

- APR Conference Psychology in digitalization time (Chișinău, Republica Moldova)
  - ✓ Participation with “Parental stress and wellbeing. A meta-analysis (Rusu, P., Candel, O-S., Bogdan, I., Ilciuc, C., **Ursu, A.**, & Podina, I.R.)”
  - ✓ “One Europe, two countries: behavioral emotion regulation, wellbeing, resilience and self-compassion differences between Romania and Spain” (**Ursu, A.**, Ionescu-Corbu, A., Priego Ojeda, M.)
  - ✓ “Mental health literacy among Romanian adolescents” (Ionescu-Corbu, A. & **Ursu, A.**)

9<sup>th</sup> – 11<sup>th</sup> November 2023

- The Sixth International Conference On Adult Education. Education for Peace and Sustainable Development (Chișinău, Republica Moldova)
  - ✓ Participation with “We are not all in the same boat. Mental health during the war in Ukraine”, (**Ursu, A.**, Ionescu-Corbu, A., Colomeischi, A.-A., Olynik, M., Zhurat, Y.,)

16<sup>th</sup> – 17<sup>th</sup> October 2023

- International Congress in Serious Games and Emotional Competence in Higher Education (Braga, Portugal)
  - ✓ Participation with “Emotional intelligence and mental health: The mediating role of trait anger.”, (Ionescu-Corbu, A., **Ursu, A.**, Cramariuc, G., Colomeischi, A.-A.)
  - ✓ Participation with “Exploring the associations between games, emotional intelligence and internalizing problems”, (Cramariuc, G., **Ursu, A.**, Ionescu-Corbu, A., Colomeischi, A.-A.)
  - ✓ Participation with “Trait anger and wellbeing: The mediating role of emotion regulation.”, (**Ursu, A.**, Turliuc, M.N.)
  - ✓ Invited speaker – Development of an Emotional Competence Course.
  - ✓ Chair – oral communications

2<sup>nd</sup> – 4<sup>th</sup> June 2023

- APR Conference Psychology in digitalization time (Constanța, Romania)
  - ✓ Participation with “Stresul și starea de bine a părinților: rolul mediator al căldurii parentale și comunicării parentale negative”, (Bogdan, I., Rusu, P.P. **Ursu, A.**, Candel, O.S., Ilciuc, C.)
  - ✓ Participation with “Conflictul muncă-familie, copingul didactic și satisfacția în cuplu”, (Rusu, P.P., Bogdan, I., **Ursu, A.**, Candel, O.S., Ilciuc, C.)
  - ✓ Participation with Relația dintre valorile familiale, stresul parental și satisfacția maritală, (**Ursu, A.**, Bogdan, I., Rusu, P.P.)

25<sup>th</sup> – 26<sup>th</sup> March 2023

- CALT Conference Creative Approaches to Learning and Teaching (Osijek, Croatia)
  - ✓ Participation with poster "Do teachers' characteristics and attitude towards gamification predict the use of gamification? " (Cramariuc, G., Ursu, A., & Ionescu-Corbu, A.)

21<sup>st</sup> - 22<sup>nd</sup> November 2022

- Conferința Studentească de Cercetare Aplicată în Științele Educației și Psihologie, (Suceava, Romania) (The Students Research Conference of Applied Psychology and Educational Sciences)
  - ✓ Participation with "Efectele co-activării strategiilor de reglare emoțională asupra experienței personale" (Ursu, A., & Turliuc, M.N.)
  - ✓ Participation with "Reglarea emoțională, reziliența și performanța sportivă în Darts" (Iftode, M. & Ursu, A.)

- ✓ Participation with "Inteligența emoțională ca trăsătură, copingul diadic și calitatea relației" (Blănaru, A. & Ursu, A.)
- ✓ Participation with "Creșterea personală și starea de bine psihologică după terminarea unei relații romantice" (Tiron, M.-L. & Ursu, A.)

21<sup>st</sup> – 22<sup>nd</sup> October 2022

- 2nd International Social Science, Humanities and Education (Istanbul, Turkey)
  - ✓ Participation with "Predictors of pre-university teachers' life satisfaction" (**Ursu, A.** & Colomeischi, A.A.)

30<sup>th</sup> June – 3<sup>rd</sup> July 2022

- The Eighth International Conference on Social and Emotional Learning – European Network for Social and Emotional Competences (ENSEC) (Suceava, Romania)
  - ✓ Participation with "Resilience and perceived stress: the mediating role of emotion regulation" (**Ursu, A.** & Colomeischi, A.A.)
  - ✓ Participation with "How does perceived stress relate life satisfaction in pre-university teachers? The mediating role of wellbeing" (Colomeischi, A.A. & **Ursu, A.**)
  - ✓ Participation with "Emotions and emotion regulation in family relationships" (Rusu, P., Duca, D., Bogdan, I. & **Ursu, A.**)

25<sup>th</sup> - 26<sup>th</sup> November 2021

- Conferința Studențească de Cercetare Aplicată în Științele Educației și Psihologie, (Suceava, Romania) (The Students Research Conference of Applied Psychology and Educational Sciences)
  - ✓ Participation with "Predictors of emerging adults stress during the COVID-19 pandemic" (Ursu, A.)

17<sup>th</sup> – 20<sup>th</sup> October 2019

- Ediția a VIII-a a Conferinței Internaționale de Psihologie Aplicată și Științe ale Educației, (Iași, Romania) (The Eighth International Conference on Applied Psychology and Educational Sciences)
  - ✓ Participation with "Emotion recognition, emotion regulation and dyadic adjustment among romantic relationships" (Ursu, A.)

16<sup>th</sup> – 19<sup>th</sup> May 2019

- Ediția a V-a a Conferinței Studențești de Psihologie și Științe ale Educației, (Iași, Romania) (The Fifteen Students Conference of Psychology and Educational Sciences)
  - ✓ Participation with "A cross-cultural study of positive emotions in Romanian and Spanish romantic relationships" (Ursu, A.)

9<sup>th</sup> – 11<sup>th</sup> May 2019

- Ediția a XIX -a a Conferinței Naționale de Psihologie Industrial-Organizațională "Horia D. Pitariu" – Impactul tehnologiei asupra muncii (Iași, Romania) (The Nineteenth National Conference of Industrial and Organizational Psychology)
  - ✓ Participation with "Perceived causes of romantic relational disinterest. Findings from Romanian young couples" (Ursu, A.)

25<sup>th</sup> – 26<sup>th</sup> April 2018

- The Fifth International Conference on Adult Education – Education for Values Continuity and Context (Iași, Romania)
  - ✓ Participation with "An overview of research on romantic relationships. The case of negative emotions" (Ursu, A.)

8<sup>th</sup> – 11<sup>th</sup> December 2016

- International E-team Conference "Sharing Students' Ideas and Experiences about the Future of Research" (Iași, Romania)
  - ✓ Participation with "The attitude of the Romanian road users toward a graduated licensing system" (Ursu, A.)

10<sup>th</sup> – 13<sup>th</sup> April 2014

- Student Conference on Interdisciplinary Research in Psychology, (SCRIRP 2014) (Iași, România)
    - ✓ The second prize with the research "Drivers' attitude toward policeman" (Ursu, A.)
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## V. Participation at workshops and conferences

### September 2020 – January 2021

- OUTDOC (European Training Program to improve PhD students employability)
  - Developing skills in areas such as: self-motivation and initiative; work management; responsibility; flexibility and adaptability; oral communication; written communication; creativity in professional environments; teamwork; problem solving and decision making; work ethics.

### 09 December 2020

- Scientific communication and leadership (workshop under WiRe program, University of Münster, Germany)

### 30 October 2020

- How to promote your research on LinkedIn (workshop under WiRe program, University of Münster, Germany)

### 24 – 25 September 2020

- Conferința Națională „Psihoterapia Cognitiv-Comportamentală“, ediția a VI a (Cluj-Napoca, Romania – participare online).  
(The Sixth Cognitive Behavioral Psychotherapy National Conference; online participation)

### 15 – 17 November 2019

- A XII-a Conferința Națională de Psihodrama - Psihodramă în secolul XXI. Tendințe și provocări (Brașov, Romania) (The Twelfth Psychodrama National Conference – Psychodrama in 21<sup>st</sup> century. Trends and challenges)

### 30 – 31 May 2019

- Ediția I-a a Conferinței Studențești de Cercetare Aplicată în Științele Educației și Psihologie (Suceava, Romania) (The First Edition of Students Conference Applied on Educations Sciences and Psychology)

### 27 – 28 April 2018

- The Fifth International Conference on Adult Education – Education for Values Continuity and Context (Chișinău, Republic of Moldova)

### 22-23 October 2016

- National Conference of Narrative Psychology (Iași, Romania)

### 19 – 21 September 2013

- Psychology and Education Sciences Students ' National Congress–CNSP (Timișoara, Romania)

### 14-15 October 2013

- Contemporaine dimensions of ABA therapy, (Iași, Romania)

### 21 May 2011

- SPP Conference – "Psychological aspects of cultural diversity" (Iași, Romania)
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## **VI. Member of Organizing Committee**

May 2022–July 2022

- Organizer of The Eighth International Conference on Social and Emotional Learning – European Network for Social and Emotional Competences (ENSEC) (Suceava, Romania)
- Chair for 1 section - Mental Health in Schools

January 2018–April 2018

- Organizer of The Fifth International Conference on Adult Education – Education for Values Continuity and Context (Iași, Romania)
  - Assistant Chair for 2 sections during 2 days
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## **VII. Internships and Placements**

July-September 2015

- Trainer Internship – "Rumanos Almerienses", Almeria, Spain

May-June 2014

- Internship Human Resources– "Iasicon", Iași, Romania

March –May 2013

- Clinic Internship at Psychiatric Hospital "Socola", Iași, Romania
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## **VIII. Erasmus+ projects**

7<sup>th</sup> – 15<sup>th</sup> December 2018

- Participant of “Alone no more” project, Canakkale, Turkey
- Topic : - refugees and asylum seekers

12<sup>th</sup> – 18<sup>th</sup> May 2016

- Participant of “Be positive, Be creative” project, Sbeitla, Tunisia
  - Topic : - volunteering and creativity
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## **IX. Workshops facilitated**

### **IX. A. Professional development workshop**

June 2<sup>nd</sup> – 6<sup>th</sup> 2025

- *USV International Staff Week. Organizational Wellbeing. Connecting Cultures | Shaping Futures | Cultivating Wellbeing*  
5 June 2025 – Ursu A. Roads to organizational wellbeing (part I & II)

### **IX.B. Research focused workshops**

17 – 20 October 2019

Ediția a VIII-a a Conferinței Internaționale de Psihologie Aplicată și Științe ale Educației. (Iași, Romania) (The Eighth International Conference on Applied Psychology and Educational Sciences)

## IX.B. Personal development workshops

2 November – 5 December 2019

Dezvoltare personală prin creșterea inteligenței relaționale (Personal development by increasing relational intelligence) held at Centrul de Dezvoltare Personală și Formare Profesională (Center of Personal Development and Professional Training)

23 November 2019 - Ursu, A. Inteligența emoțională și rolul ei în public speaking (Emotional Intelligence and its role in public speaking)

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## X. ARTICLES

### XI.A. Articles in international journals

Ursu, A. (2026). A woman's worth: Self-compassion as a mediator between optimism and beliefs about motherhood, identity and infertility of women with endometriosis. *Accepted Journal of Health Psychology* (IF = 2.2)

Ursu, A., Turluc, M.N. (2025). Effects of the simultaneous use of acceptance and cognitive reappraisal on anger, positive and negative affects after experimentally anger elicitation. *Psihologija, OnLine-First Issues 00*, 26-26. <https://doi.org/10.2298/PSI240805026U> (IF = 0.9)

Rusu, P.P., Candel, O.-S., Bogdan, I., Iliciuc, C., Ursu, A., Podina, I.R. (2025). Parental stress and well-being. A meta-analysis. *Clinical Child and Family Psychology Review*. <https://doi.org/10.1007/s10567-025-00515-9> (IF = 5.5)

Priego-Ojeda, M., Ursu, A., Blanch, A. Filella-Guiu, G. (2025). Adapting a Strategy-Based Measure of Behavioral Emotion Regulation: An Exploration of Links with Psychopathology from a Network Perspective. *Journal of Personality Assessment*. <https://doi.org/10.1080/00223891.2025.2496258> (IF = 2.8)

Ursu, A., Priego-Ojeda, M., Opariuc-Dan, C., (2024). Romanian adaptation and psychometric validation of the Behavioral Emotion Regulation Questionnaire (BERQ-RO). *Journal of Psychopathology and Behavioral Assessment*, 46, 1038-1049 <https://doi.org/10.1007/s10862-024-10175-8> (IF = 1.3)

Szkody, E., Spence, A., Özdoğru, A., Tushir, B., .....Ursu, A., ....., Cascalheira, C.J. (2024). Social Support and Help-Seeking Worldwide. *Current psychology*, 43, 20165-20181. <https://doi.org/10.1007/s12144-024-05764-5> (IF = 2.5)

Talhelm, T., Wei, L., Sun, R., San Martin, A., Samekin, A., Scherman, A. Z., English, A. S., Ursu, A. ...., von Oertzen, T. (2023). Collectivism Isn't What People Think It Is: A Study of 100 Cultures. *Accepted Nature Human Behaviour* (IF = 15.9)

Blănaru, A., Ursu, A. (2023). Does dyadic coping mediate the relationship between trait intelligence and relationship quality? *Journal of Psychological and Educational Research*, 33(1), 52-62, Oradea, Editura Universității din Oradea (ISSN: 2247-1537 ISSN-L: 2247-1537) (corresponding author)

Tiron, M.-L., Ursu A. (2023). Personal growth and psychological wellbeing after a romantic break-up. *Psychreg Journal of Psychology*, 7(3), 54-64. <https://doi.org/k7v2> (corresponding author) (IF = 0.42)

Colomeischi, A.A., Ursu, A. (2023). Exploring the mediating role of emotion regulation on the relationship between teachers' resilience and their perceived stress. *Social Psychology of Education*, 1-20. <https://doi.org/10.1007/s11218-023-09874-z> (corresponding author) (IF = 3.2)

Colomeischi, A.A., Ursu, A. (2023). The mediating role of wellbeing between perceived stress and life satisfaction among k-12 school teachers. *Revista Românească pentru Educație Multidimensională*, 15(3), 44-54. <https://doi.org/10.18662/rrem/15.3/752> (corresponding author) (IF = 2.0)

Duca, D.S., Ursu, A., Bogdan, I., Rusu, P.P. (2023). Emotions and emotion regulation in family relationships. *Revista Românească pentru Educație Multidimensională*, 15(2), 114-131. <https://doi.org/10.18662/rrem/15.2/724> (corresponding author) (IF = 2.0)

**Ursu, A.,** Turliuc, M.N. (2022). Emotion regulation as mediator between anger experience and relationship satisfaction. *Psychreg Journal of Psychology*, 6(4), 1-14. <https://doi.org/jpt6> (IF = 0.42)

Colomeischi, A.A., **Ursu, A.,** Bogdan, I., Ionescu-Corbu, A., Bondor, R. & Conte, E. (2022). SEL and internalizing problems among adolescents. The mediating role of resilience. *Children*, 9(9), 1326-1340. <https://doi.org/10.3390/children9091326> (IF = 2.0)

**Ursu A.,** Măirean C. (2022). Cognitive Emotion Regulation Strategies as Mediators between Resilience and Stress during COVID-19 Pandemic. *International Journal of Environmental Research and Public Health* 19(19), 12631-12643. <https://doi.org/10.3390/ijerph191912631> (IF = 4.614)

**Ursu, A.,** Turliuc, M.N., Măirean, C. (2022). Creating and testing the effectiveness of hypothetical scenarios which elicit anger and hurt in romantic relational contexts. *Psihologija*. Advance online publication. <https://doi.org/10.2298/PSI220709018U> (IF = 0.9)

**Ursu, A.,** & Harvey, R. (2022). An exploratory study of Romanians' attitudes toward community-based substance abuse recovery housing. *Journal of Prevention & Intervention in the Community*, 50(2), 205-216. <https://doi.org/10.1080/10852352.2021.1934950> (IF = 1.1)

**Ursu, A.,** Turliuc, M.N. (2020). Do emotion recognition and emotion regulation predict dyadic adjustment? The moderating role of relationship length. *Journal of Psychological and Educational Research*, 28(1), 45-63, Oradea, Editura Universității din Oradea (ISSN: 2247-1537 ISSN-L: 2247-1537).

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#### **XI.B. Articles in national journals**

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Ionescu-Corbu, A., **Ursu, A.** (2023). The sustained effectiveness of a mental health literacy intervention: a Romanian adolescent sample at 2- and 12-months follow-up. *Journal of Innovation in Psychology, Education and Didactics*, 27(1), 43-58. <https://doi.org/10.29081/JIPED.2023.27.1.04>

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Ursu, A., Turliuc M.N. (2018). An overview of research on romantic relationships. The case of negative emotions. *Education 21 Journal*, 16, Cluj-Napoca, (ISSN: 2247-8671) (DOI: 10.24193/ed21.2018.16.02).

#### **XI.C. ISI Conference Proceedings**

Ursu A. (2018). Perceived intensity and causes of criticism within romantic relationships. Findings from a Romanian sample. *Proceedings of ICVL 2018*, 246-252, Editura Universitatii din Bucuresti (ISSN: 1844-8933).

#### **XI.D. Chapters in international handbooks**

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Ursu, A., Bujor, L. (2023). Emotional regulation interventions. In Gomes et al., (eds). *Serious Games Emotional Competence Handbook* (pp. 31-52). <https://doi.org/10.21814/1822.87373>

#### **XI.E. Chapters in national handbooks**

Ursu, A. (2026). Dileme etice în mentorat și coaching educațional. În Duca, D.S. & Cramariuc, G. (eds).

Ursu, A. (2026). Elevul – cetățean digital și provocările societății contemporane. În Duca, D.S. & Cramariuc, G. (eds). *Pedagogie Digitală în Dinamica Societății Contemporane*. Vol. 1: Teorii și aplicații.

Ursu, A. & Ionescu-Corbu, I.. (2024). Preînregistrarea designului și a ipotezelor de cercetare: statusul actual în psihologie (pp. 49-70) In Gancevici, O. & Andrei, A. (eds). *Experimente (ne)etice*, 2<sup>nd</sup> volume. Editura Universității Ștefan cel mare din Suceava (ISBN: 978-973-666-768-8)

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## **XI. REVIEWING ACTIVITIES**

- Adhoc reviewer - Scientific Anals of UAIC Iași, Psychology Series
- Adhoc reviewer - Polish Psychological Bulletin
- Adhoc reviewer - International Journal of Social and Educational Sciences, USBED
- Adhoc reviewer – Psihologija

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## **XII. SCIENTIF EDITOR**

- Education, Development, Practice and Research, EDPR (<https://sites.google.com/usm.ro/edprjournal/home>)

### **XIII. EDITORIAL BOARD MEMBER**

- International Journal of Social and Educational Sciences, USBED (<https://dergipark.org.tr/en/pub/usbed>)

### **XIV. MEMBERSHIP**

The Romanian Association of Psychologists

The Romanian of Cognitive and Behavioral Therapy (Asociatia de Psihoterapii Cognitive si Comportamentale din Romania)

[International Network on Personal Meaning](#)

ISRE: International Society for Research on Emotion

SCRA: Society for Community Research and Action

SSEA: Society for the Study of Emerging Adulthood

ICEEFT: International Centre for Excellence in Emotionally Focused Therapy

International Society of Global Health