

WORKSHOP

Sala/Room
104

FSEGA, Str. Teodor Mihali, Nr. 58-60

Înregistrarea participanților are loc în sala 104

Psihologie și stil de viață sănătos: direcții emergente și inovații tehnologice în suportul sănătății mintale (Psychology and a Healthy Lifestyle: Emerging Directions and Technological Innovations in Mental Health Support)

Miercuri, 5 noiembrie 2025

09:45-10:00

Deschidere

10:00-11:00

Sesiune workshop A: Risk and Protective Lifestyle Factors in Mental Health I

Gabriela Jiga-Boy

Universitatea Swansea, UK

An Experimental Perspective and Ethical Debate Related to Emotional Regulation through Mindfulness

Simona Miron

Universitatea Babeș-Bolyai

Lifestyle Correlates of Incidence and Persistence of Emotional Disorders in College Students: Insights from the World Mental Health - International College Students Initiative

11:00-11:30

Pauză cafea / Etajul 1, Clădirea FSEGA

11:30-12:30

Sesiune workshop B: Biological mechanisms in mental health

Ana-Maria Oros-Peusquens

Universitatea Jülich, Germania

Voxel-based Characterisation of the Oxygen Extraction Fraction in Brain Tissue: Lifestyle Influences

Alexandru Stermin

Universitatea Babeș-Bolyai

Linking Basal Cortisol to Emotional, Cognitive, and Behavioral Well-Being

12:30-14:00

Prânz / Etajul 1, Clădirea FSEGA

14:00-15:30

Sesiune workshop C: Interventions in Lifestyle and Mental Health

Ioana Cristea

Universitatea din Padova, Italia

The DECOMPOSE Project: Uncovering the Active Ingredients of Psychological Interventions for Severe Mental Disorders

Angela Rădulescu

Icahn School of Medicine at Mt. Sinai, SUA

Computational Models for Precision Mental Health: Linking Mechanisms to Intervention

15:30-16:00

Pauză cafea / Etajul 1, Clădirea FSEGA

16:00-17:00

Sesiune workshop D: Digital Mental Health Interventions

Igor Nastas

Universitatea de Stat de Medicină și Farmacie „Nicolae Testemițanu”, Moldova

Remote Intervention in Mental Health. Priorities and Limits

Vasile Sirbu

Universitatea Babeș-Bolyai

Who Benefits from RETHink Game? An Individual Participant Data Meta-Analysis of a Digital Therapeutic Game for Youth Emotional Well-Being

20:00

Eveniment de networking la nivel de workshop (Restaurant Chios, Parcul Central)

Joi, 6 noiembrie 2025

10:00-11:00

Sesiune workshop E: Risk and Protective Lifestyle Factors in Mental Health II

Flavia Cherecheș

Universitatea Tilburg, Olanda

Between Joy and Fatigue: The Daily Effects of Grandchildren's Caring on Grandparents

Anca Minescu

Universitatea din Limerick, Irlanda

Mental Health on the Margins of Society: The Perspective of Indigenous and Migrant Minorities in Ireland and Germany

11:00-11:30

Pauză cafea / Etajul 1, Clădirea FSEGA

11:30-12:30

Sesiune workshop F: Yoga and music interventions in mental health

Mirela Ioana Bilc

Universitatea din Tübingen, Germania

Remotely Delivered Yoga Interventions for Pain Management: A Scoping Review

Vlad Mărghițaș

Universitatea Babeș-Bolyai

The Transcendental Effects of Music on Mental Health: A Quasi-experimental Study

12:30-14:00

Prânz / Etajul 1, Clădirea FSEGA

14:00-15:00

Sesiune workshop G: Students Mental Health

Ioana Latu

Universitatea Queen's din Belfast, UK

Reducing Prejudice and Bullying Towards the LGBTQ+ Community Among Teachers in Romania Through an Online Intervention: Results of a Randomized Controlled Trial

Denisa Mălan & Diana Condrea

Universitatea Babeş-Bolyai

The Effects of Early Childhood Experiences on Mental Health: A Latent Class Analysis

15:00-16:00

Pauză cafea / Etajul 1, Clădirea FSEGA

16:00-17:00

Sesiune workshop H: Longitudinal Investigation of Lifestyle Mechanisms

Corina Lelutiu-Weinberger

Universitatea Columbia

The Function of Tobacco Use and Implications for Intervention in the LGBTQ+ Community in Romania

Renata Gheorghiu

Universitatea Babeş-Bolyai

Emotional Resilience, Stress and Positive Affect: Insights from a Daily Experience Sampling Study

Ioana Iuga

Universitatea Babeş-Bolyai

Bidirectional Associations Between Catastrophizing and School Burnout: A Longitudinal Investigation Using a Random-Intercept Cross-Lagged Panel Model

20:00

Cină festivă (Wild Hills, E576, Juc-Herghelie)