

Curriculum Vitae

Personal Information:

Name: Andreia Ștefana Mocan

E-mail: andreiamocan@gmail.com

Work experience:

- | | |
|--------------------------------|---|
| Date: | 2015-present |
| Occupation and position held: | Honorary Secretary |
| Name and adress of employer: | Psychosocial Aspects of Diabetes Study Group,
European Association for the Study of Diabetes |
| | |
| Date: | 2011-present |
| Occupation and position held: | Cognitive –Behavioral Psychotherapist |
| Name and adress of employer: | Regina Maria Medical Center, Cluj-Napoca Romania
MediPrax Centrum, Cluj-Napoca, Romania |
| | |
| Date: | 2007-present |
| Occupation and position held: | Clinical Psychologist; Psychotherapist |
| Name and adress of employer: | Center forDiabetes, Nutrition and Metabolic Diseases
Emergency Clinical County Hospital, Cluj, Romania |
| | |
| Date: | 2003-2007 |
| Occupation and position held: | Assistant Manager |
| Name and adress of employer: | Anatomy and Embryology Department,
University of Medicine, Cluj-Napoca, Romania |
| | |
| Education and Training: | |
| Dates: | 2012-present |
| Type of qualification awarded: | PhD student |
| Name and type of organisation: | Department of Health Psychology ,
“Babes- Bolyai” University, Cluj-Napoca, Romania |
| | |
| Dates: | 2008-2010 |
| Type of qualification awarded: | Master’s Degree in Councelling, Clinical Psychology
and Psychotherapy |
| Name and type of organisation: | Faculty of Psychology and Educational Sciences,
Babes- Bolyai University, Cluj-Napoca, Romania. |
| | |
| Dates: | 2002-2007 |
| Type of qualification awarded: | Bachelor Diploma |
| Name and type of organisation: | Faculty of Psychology and Educational Sciences,
Babes- Bolyai University, Cluj-Napoca, Romania. |
| | |
| Dates: | 1997-2000 |
| Type of qualification awarded: | Bachelor Diploma |
| Name and type of organisation: | Law School, Babes- Bolyai University, Romania |

Professional Trainings (selected):

February 2010	Cognitive-Behavioral Therapy for couples, Albert Ellis Institute, USA
February 2010	Cognitive-Behavioral Therapy for children, adolescents, adults and elderly, Albert Ellis Institute, USA
November 2011	Mistakes in the practice of REBT and how to avoid making them, Albert Ellis Institute, USA
February 2012	Neuropsychology in Dementia and Alzheimer Disease, Bucharest, Romania
May 2012	Psychological aspects in dementia and neurodegenerative diseases (Alzheimer and Parkinson), Sibiu, Romania
November 2012	The third wave of cognitive restructuring. Acceptance and Commitment Therapy, Albert Ellis Institute, USA
May 2014	Advanced Topics in Hypnotherapy, Academy Of Cognitive Therapy, Albert Ellis Institute, USA
November 2014	Aggressive Behavior. Evaluation and Intervention. Romanian College for Psychology
July 2015	Depression. Romanian College for Psychology
June 2016	Anxiety in clinical practice. Romanian College for Psychology
August 2016	CBT-E for Eating Disorder, CREDO Training Center, University of Oxford UK

Participations in national conferences (selected):

November 2008 - The 7th National Congress of Romanian Federation of Diabetes, Nutrition, Metabolic Diseases With International Participation

Paper presented: *"Relationship between depression, anxiety and rational, irrational beliefs about controlling the glycaemic values"*
"The proposal of a clinical guide for the clinical psychologists that work with diabetic or obese patient"

November 2009 – Second Edition of Diabetes and Cardiovascular Disease Study Group, Cluj-Napoca, Romania

December 2009 – The 5-th National Congress of Obesity, Cluj-Napoca, Romania
Paper presented: *"CBT for obesity"*

September 2010 – The 8-th National Congress of Romanian Federation of Diabetes, Nutrition, Metabolic Diseases With International Participation

May 2011 – The National Congress Of Diabetes, Nutrition and Metabolic Disease, Sibiu
Paper presented: *"Executive functions in people with phenylketonuria"*

October 2011 – The 6-th National Congress of Obesity, Cluj-Napoca, Romania
Paper presented: *"Obesity and cognitive functions"*

February 2012 – The Second International Conference for Alzheimer Disease, Bucharest, Romania

May 2012 - International Congress of Modern Research in Psychology, Sibiu, Romania

February 2013 – Suicidal risk management: medication, psychotherapy and religion, Cluj, Romania

October 2013 – The 7-th National ARSO Congress. The 4-th Central European Obesity Congress

November 2013 – The 11th The 7th National Congress of Romanian Federation of Diabetes, Nutrition, Metabolic Diseases With International Participation, Iasi, Romania

November 2013 – From Stress to Burnout. , Cluj-Napoca Romania

November 2014- The 12th National Congress of Romanian Federation of Diabetes, Nutrition, Metabolic Diseases , Cluj-Napoca, Romania

Paper presented: *„The importance of illness perception in diabetes distress in type 2 diabetes patients.”*

October 2016 – The 14th National Congress of Romanian Federation of Diabetes, Cluj, Romania
 Paper presented: "Depression and cognitive-emotional regulation strategies in type 2 diabetes."

December 2016 – The 8th National Congress for Obesity, Cluj, Romania
 Paper presented: „ Psychological evaluation of the patients referred to bariatric surgery"

June 2017 – YoungDiab, Cluj-Napoca, Romania
 Paper presented: "Depression vs distress in type 2 diabetes"

December 2017 – The 9th National Congress for Obesity, Cluj-Napoca, Romania

Participations in international conferences (selected):

April 2009 – Spring Meeting of Psychosocial Aspects of Diabetes Group, part of European Association of the Study of Diabetes, Dobrovnik, Croatia
 Paper presented: "Relationship between depression, anxiety and rational, irrational beliefs about controlling the glycaemic values"

June 2014 – Conference of the European Association of Psychosomatic Medicine, Sibiu, Romania
 Paper presented: "Depressive symptoms in obese diabetes patients. Pilot Study."

September 2014 – EASD Annual Meeting, Vienna, Austria
 Paper presented: "The relation between illness perception, diabetes distress and depression in type 2 diabetes patients. Pilot study."

April 2015 - Spring Meeting of Psychosocial Aspects of Diabetes Group, part of European Association of the Study of Diabetes, Malmo, Sweden

May 2017- Spring Meeting of Psychosocial Aspects of Diabetes Group, part of European Association of the Study of Diabetes, Cluj-Napoca, Romania

September 2017 – EASD Annual Meeting, Lisbon, Portugal

Publications:

Chapters in books:

Mocan AS, Roman G, Eating behaviour, in N.Hancu, Roman G, Veresiu IA, Diabetes, Nutrition and Metabolic Diseases, Echinox, 2010, Cluj –Napoca, 597-620

Bala C, Mocan AS, Psychosocial aspects in nutrition and metabolic diseases in N.Hancu, Roman G, Veresiu IA, Diabetes, Nutrition and Metabolic Diseases, Echinox, 2010, Cluj –Napoca, 254-275

Journals:

**Mocan, A. S., Dumitras, D. E., Iancu, S. S., & Baban, A. S. (2014). Depressive symptoms in obese diabetes patients. Pilot study. *Proceedings of EAPM 2014: Care and Cure: An integrated approach to psychosomatic medicine* (pp. 188-191). Sibiu: MEDIMOND S.R.L.

*Mocan, A. S., & Baban, A. (2015). An useful tool for diabetes emotional distress assessment: validation of the Romanian version of Diabetes Distress Scale. *Rom J Diabetes Nutr Metab Dis*, 22(4), 425-431. <http://doi: 10.1515/rjdnmd-2015-0050>

*Mocan, A. S., Iancu, S. S., Duma, L., Mureseanu, C., & Baban, A. (2016). Depression in Romanian patients with type 2 diabetes: prevalence and risk factors. *Clujul Med*, 89(3): 371-377. <http://dx.doi.org/10.15386/cjmed-641>.

Cosma, D.T, Mocan, A., Sima, D., Veresiu, I.A. (2016). Depression – risk factor for foot ulcers in diabetes patients? *Practica tanarului diabetolog*. 3(4): 8-13

Mocan A. (2016). Depression and diabetes distress. *Practica tanarului diabetolog*. 3(5): 25-26

***Mocan, A.S. Iancu, S.S., Baban, A.S. (2017). Association of Cognitive-Emotional Regulation Strategies to Depressive Symptoms in Type 2 Diabetes Patients. *Rom J Intern Med*, <https://doi.org/10.1515/rjim-2017-0037>

Abstracts in international journals:

**Mocan AS, Dumitraș DE, Iancu SS, Băban AS. Depression in Obese Diabetes Patients. Pilot Study. 2014. *Journal of Psychosomatic Research*. 71(6). A51.510.

***Mocan AS, Iancu SS, Vereșiu IA, Dumitraș DE, Pușcașu S, Mureșeanu C, Șerban AG, Popa LA, Băban AS. The relation between illness perception, diabetes distress and depression in type 2 diabetes patients. Pilot study. 2014. *Diabetologia*. 57(1). Supplement. A1036. 232.

* BDI ** Proceedings ***ISI

Awards:

Mocan. A, Iancu S., Dumitras D., Mureseanu C., Baban A. The importance of illness perception in diabetes distress in type 2 diabetes patients. The 12th Congress of Romanian Federation for Diabetes, Nutrition and Metabolic Diseases (Al 12-lea Congres al Federatiei Romane de Diabet, Nutritie si Boli Metabolice -FRDNBM), Cluj Napoca, November 2014 – First Place

Mocan. A, Iancu S., Baban A. Depression and cognitive-emotional regulation strategies in type 2 diabetes. The 14th Congress of Romanian Federation for Diabetes, Nutrition and Metabolic Diseases (Al 14-lea Congres al Federatiei Romane de Diabet, Nutritie si Boli Metabolice -FRDNBM), Cluj – Napoca, October 2016 – Third Place

Affiliation and membership:

2007 – present Romanian College for Psychology

2009 – present Psychosocial Aspects of Diabetes Study Group (PSAD)

2015 - present European Depression in Diabetes Research Consortium (EDID)

2015 – present European Association for the Study of Diabetes (EASD)