

# Samuel Bud (m, 1993)



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## Interests

- data research & analysis;
- scientific & education literacy;
- human behavior & psychology

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## Work Experience

06/2022 – present

**Product Data Analyst @ Steelcase;**

- leverage business strategy into actionable research, data acquisition, results & visual insights (Tableau)
- collect and analyze internal data regarding team effectiveness (e.g., Delivery, Quality, Engagement, KPIs; Forecasting Capacity Projections; tracking teams' psychological safety) and other KPIs (e.g., financial data such as ECATs v Sales Insights; Effort v Cost Analysis);
- design and present insightful Tableau dashboards to relevant stakeholders;
- provide automation solutions to different tasks (Python, Power Automate);

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12/2019 – present

**Co-Founder @ <https://mentaid.ro>**, the science based platform and training delivery that teaches you how to fully support friends who struggle emotionally;

- deliver Mental Health First Aid Trainings to executive managers, middle managers, and employees on identifying signs and symptoms of mental health concerns in the workplace; the trainings equipped attendees with actionable skills to effectively manage mental health issues, fostering supporting and inclusive work environment;
- user management (e.g. logged users with access to paid content) & integrating payment system;
- generate user activity reports;
- design a freemium plan (free preview, paid access, with different payment options, e.g. specific

content vs. packages);

- integrating xAPIs with online LRS;

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11/2017 – 09/2022

**Assistant Professor @ Babeş - Bolyai University;**

- taught seminars at BA and MA level, on Clinical Psychology and Psychotherapy, Clinical Practice, Cognitive- Behavioral Therapy, and Positive Psychology
- mentored and evaluated 30+ student research projects and papers (BA & MA Thesis)
- took part in different research projects & grants with my colleagues

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11/2017 – 12/2019

**Research Assistant @ Babeş - Bolyai University;**

- conducted comprehensive literature searches, evaluated and synthesized research articles and identified relevant data for projects objective
- created and refined research protocols and ensured safe and ethical data collection
- conducted statistical analyses such as meta-analysis, regression, mixed modeling, structural equation modeling using SPSS, jamovi, jasp, or R
- communicated research findings to stakeholders through presentations and written reports

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02/2017 – 11/2017

**Librarian @ Librarium University Bookshop;**

- technical - administrative duties such as money management, goods reception, organizing monthly promotions;
- management of difficult situations such as stealing, client complaints;
- quick promotion to team leader;

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## Tech & Personal Skills

- Python, Django framework - Intermediate
- JavaScript, Node.js, HTML5, CSS, R, SQL - Junior

• Tableau - intermediate

- self-taught online courses (eg., 100 days of coding @Udemy) & 4 months course on JS from e@tech.dev & EnvatoTuts+

- applied through creating web applications for <https://mentaid.ro/> & through the Data Analyst Position @Steelcase

• SPSS<sup>®</sup>, CMA<sup>®</sup>, Confluence<sup>®</sup>, Azure<sup>®</sup>

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#### Leadership & Problem Solving

• gained through creating <https://mentaid.ro/> & Data Analyst Position @Steelcase

• gained through organizing and coordinating summer youth camps, national & international projects (Erasmus+);

• gained through leading a team of 4 coworkers at the book-shop;

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#### Communication skills

• capacity to understand, empathize, and relate to others needs;

• capacity to sum up discussions and find the most relevant ideas;

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### Education & Training

09/2017 – 09/2024

**PhD @Evidence-based assessment and psychological interventions Doctoral School,**

**Babeş - Bolyai University, Cluj- Napoca, Romania**

Main interests: Personality Disorders, Emotional Regulation Mechanisms (especially in anger and shame), Mindfulness - based interventions, Change Management, Scientific Literacy, and Mental Health First Aid

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09/2015 – 07/2017

**MA in Clinical Psychology, Psychological Counseling and Psychotherapy @ "Babeş-Bolyai" University, Faculty of Psychology and Educational Sciences, Cluj - Napoca, Romania**

• Thesis: *Here to Help: a mental health first aid program;*

09/2012 – 06/2015

BA in Psychology @ "Babeş-Bolyai" University, Faculty of Psychology and Educational Sciences,  
Cluj - Napoca, Romania

• licensed in *Psychology*;

09/2015 – 10/2015

Certificate in "Protecting Human Research Participants" @

The National Institute of Health, *Office of Extramural Research* (United States)

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#### Selected Publications

2024 - **Assessing Measurement Consistency: A Study of the BPFSC Invariance Across Age and Sex in Romanian Adolescents** (Authors: Samuel Bud, Aurora Szentagotai Tatar, PhD) in *Psychological Reports*, doi: <https://doi.org/10.1177/00332941241239592>

2023 - **Emotion regulation strategies in borderline personality disorder: a meta-analysis** (Authors: Samuel Bud, Diana Nechita, PhD, Aurora Szentagotai Tatar, PhD) in *Clinical Psychologist*, 1-18, doi: <https://doi.org/10.1080/13284207.2022.2152668>

2021 - **Shame and eating disorders symptoms: A meta-analysis** (Authors: Diana Nechita, PhD, Samuel Bud, Daniel David, PhD) in *International Journal of Eating Disorders* 54 (11), doi: <https://doi.org/10.1002/eat.23583>

2019 - **Cap. Programe de intervenție pentru depresie** (Autori: Diana Căndea, PhD, Samuel Bud) în *Intervenții psihologice în școală. Manualul consilierului școlar* (Editura Polirom, Violeta Enea)

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#### Languages

Romanian: Native;

English: Advanced;

German: Intermediate;

AUGUST 2024

