

Lista de lucrări Simona-Ioana Ștefan

Cărți și capitole internaționale:

- David, D., Szentagotai, A., Nechita, D., **Ștefan, S.**, (2022). Psychotherapy Models: A Historical Perspective. In: Asmundson, G.J.G. (Ed.), *Comprehensive Clinical Psychology*, 2nd edition, vol. 1. Elsevier, pp. 1-25.
- Ștefan, S.** & David, D. (2021). Case formulation for complexity and co-morbidity in anxiety disorders and depression. In G. Todd & R. Branch (Eds.), *Evidence-based treatment for anxiety disorders and depression: A cognitive behavior therapy compendium*. Cambridge, UK: Cambridge University Press.
- Barthel, A. L., **Ștefan, S.** & Hofmann, S. G. (2020). Psychotherapy for panic disorder: empirically-based treatments, intervention models, and emerging evidence. In *The American Psychiatric Association Textbook of Anxiety, Trauma and OCD related Disorders*, 3rd edition.
- Candea, D., **Ștefan, S.**, Matu, S., Mogoase, C., Iftene, F., David, D., & Szentagotai, A. (2019). *REBT in the Treatment of Subclinical and Clinical Depression*. New York: Springer.
- David, D., Cardos, R., Candea, D., Oltean, H., & **Ștefan, S.** (2019). REBT in Depressive Disorders. In Bernard, M. & Dryden, W. (Eds.). *REBT with Diverse Client Problems and Populations*. New York: Springer.
- Cristea, I., **Ștefan, S.**, David, O., Mogoase, C., & Dobrea, A. (2016). *REBT in the treatment of anxiety disorders in children and adults*. New York: Springer.
- David, D. & **Ștefan, S.** (2017). Eastern Europe. In Hofmann, S. G. (Ed.), *International Perspectives on Psychotherapy* (pp. 107 – 120). New York: Springer.

Cărți și capitole naționale:

- Ștefan, S.** (2024). Criterii ale stabilirii nivelurilor validării științifice relevante pentru intervențiile parentale. În David, O și David, D. (Editori), *Tratat de intervenții parentale validate științific*. Editura Polirom, Iași.
- Ștefan, S.** (2018). Intervenții cognitive-comportamentale pentru modificarea comportamentului alimentar la pacienții cu boli cardiovasculare. În Vlad, C. (Editor), *Rolul nutriției în prevenirea bolilor cardiovasculare*. Editura Medicală Universitară Cluj Napoca.
- Ștefan, S.** (2018). Evaluarea personalității. În Enea, V. și Dafinoiu, I. (Eds.). *Evaluarea psihologică. Manualul psihologului clinician*. Polirom, Iași.
- Ștefan, S.**, Matu, S., & David, D. (2017). Emoțiile pozitive. În Szentagotai-Tătar, A. & David, D. (Eds.), *Tratat de Psihologie Pozitivă*. Polirom, Iași.
- Ștefan, S.** (2017). Creativitatea. În Szentagotai-Tătar, A. & David, D. (Eds.), *Tratat de Psihologie Pozitivă*. Polirom, Iași.
- Ștefan, S.** (2017). Starea de flow/flux al conștiinței. În Szentagotai-Tătar, A. & David, D. (Eds.), *Tratat de Psihologie Pozitivă*. Polirom, Iași.
- Ștefan, S.** & Coteș, C. (2017). Recunoștința. În Szentagotai-Tătar, A. & David, D. (Eds.), *Tratat de Psihologie Pozitivă*. Polirom, Iași.
- Ștefan, S.** (2017). Terapia rațional-emoțională și comportamentală (REBT) pentru tulburarea de personalitate dependentă. În Popa, C., Sava, F., & David, D. (Eds.). *Psihoterapiile cognitive și comportamentale în tulburările de personalitate*. Polirom, Iași.

Articole ISI:

- Stefan, S.**, Stroian, P., Matu, S., Fodor, L., Nechita, D., Boldea, I., Fechete, I., Mățiță, D., & Mustățea, M. (2023). An online contextual schema therapy workshop for social anxiety symptoms – a randomized control trial. *Journal of Contextual Behavioral Science*, 29, 67 – 75.
- David, D., **Ștefan, S.**, Nechita, D., & Dobrea, A. (2022). A brief history of Romanian Psychology. *Journal of the History of the Behavioral Sciences*, 1–7.
- Stefan, S.**, Fodor, L., Curt, I., Ionescu, A., Pantea, N., Jiboc, N., & Tegzesiu, A. (2021). Health anxiety, perceived risk and perceived control in following recommended preventive measures during early COVID-19 response in Romania. *BJPsych Open*, 7(5), E160.
- Mesterelu, I., Rambu, R., Blaga, P., & **Stefan, S.** (2021). Obsessive-compulsive symptoms and reactions to the COVID-19 pandemic. *Psychiatry Research*, 302.
- Gal, E., **Stefan, S.**, & Cristea, I. (2021). The efficacy of mindfulness meditation apps in enhancing users' well-being and mental health related outcomes: a meta-analysis of randomized control trials. *Journal of Affective Disorders*, 279, 131 – 142.
- Stefan, S.** & David, D. (2020). Mindfulness in Therapy: A Critical Analysis, *International Journal of Clinical and Experimental Hypnosis*, 68:2, 167-182,
- Stefan, S.**, Zorila, A., & Brie, E. (2019). General threat and health-related attention biases in illness anxiety disorder. A brief research report. *Cognition & Emotion*, <https://doi.org/10.1080/02699931.2019.1645643>
- Stefan, S.**, Cristea I., Szentagotai Tatar, A., & David, D. (2019). Cognitive-behavioral therapy (CBT) for generalized anxiety disorder: Contrasting various CBT approaches in a randomized clinical trial. *Journal of Clinical Psychology*, 1188 – 1202, doi: 10.1002/jclp.22779
- David, D., **Ștefan, S.**, & Terraciano, A. (2018). Cognitive-Behavioral Therapy in the Cross-Cultural Context: An Extension of the Standard Paradigm from Individual to Country/Culture Level—A Brief Introduction into a New Research Line. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, <https://doi.org/10.1007/s10942-018-0303-9>
- David, D., Cotet, C., Matu, S., Mogoase, C. & **Stefan, S.** (2017). 50 years of rational-emotive and cognitive-behavioral therapy: A systematic review and meta-analysis. *Journal of Clinical Psychology*, 00:1-15. <https://doi.org/10.1002/jclp.22514>.
- Cristea, I., **Stefan, S.**, Karyotaki, E., David, D., Hollon, S., & Cuijpers, P. (2017). The falling effect of cognitive behavioral therapy for depression is probably a fluke: a revision of Johnsen & Friborg (2015). *Psychological Bulletin*, 143 (3), 326 – 340.
- Tulbure B. T., Szentagotai A., David O., **Ștefan S.**, Månsson KNT, David D., et al. (2015) Internet-Delivered Cognitive-Behavioral Therapy for Social Anxiety Disorder in Romania: A Randomized Controlled Trial. *PLoS ONE* 10(5): e0123997.
- Iftene, F., Predescu, E., **Stefan, S.**, & David, D. (2015). Rational-emotive and cognitive-behavior therapy (REBT/CBT) versus pharmacotherapy versus REBT/CBT plus pharmacotherapy in the treatment of major depressive disorder in youth; A randomized clinical trial. *Psychiatry Research*, 225 (3), 687 – 694.
- Ignă, R. & **Stefan, S.** (2015). Comparing cognitive strategies in the process of emotion regulation. *Journal of Evidence-Based Psychotherapies*, 15, 251 – 266.
- Ignă, R., **Stefan, S.**, Onac I., Onac, I., Ungur, R., & Szentagotai, A. (2014). Mindfulness-based cognitive-behavior therapy (MCBT) versus virtual reality (VR) enhanced CBT, versus treatment as usual for chronic back pain. A clinical trial. *Journal of Evidence-Based Psychotherapies*, 14(2),

Stefan, S., & David, D. (2013). Recent developments in the experimental investigation of the illusion of control. A meta-analytic review. *Journal of Applied Social Psychology*, 43(2), 377–386.

Stefan, S., & David, D. (2013). The functions of worry and its relation to performance in controllable and uncontrollable situations. *Cognition and Emotion*, 27(3), 521-529. doi:

Mogoase, C., **Stefan, S., & David, D.** (2013). How do we measure rational and irrational beliefs? The development of Rational and Irrational Beliefs Scale (RAIBS) – a new theory driven measure. *Journal of Cognitive and Behavioral Psychotherapies*, 13 (2a), 529-546.

Stefan, S., & David, D. (2013). Face-to-face counseling versus high definition holographic projection system. Efficacy and therapeutic alliance. A brief research report. *Journal of Cognitive and Behavioral Psychotherapies*, 13 (1).

Mogoase, C. & **Stefan, S.** (2013). Is there a difference between functional and dysfunctional negative emotions? The preliminary validation of the functional and dysfunctional negative emotions scale. *Journal of Cognitive and Behavioral Psychotherapies*, 13 (1), 13-32.

Abrams, M., & **Stefan, S.** (2012). Sexual abuse and masochism in women: etiology and treatment. *Journal of Cognitive and Behavioral Psychotherapies*, 12(2).

Sucală, M., **Stefan, S.,** Macavei, B., Dobrean, A., Bolno, J., Mironiuc, I. A., Mironiuc, C., & David, D. (2010). Residual limb pain and distress in amputated patients. A brief report. *Journal of Cognitive and Behavioral Psychotherapies*, 10, 211-218.

ISI Proceedings

Stefan, S., & Dumitrascu, D. L. (2014). The role of worry and related psychological constructs in predicting IBS symptoms in clinical population. *Proceedings of EAPM 2014 - Care and cure: an integrated approach to psychosomatic medicine*

Articole BDI:

Stefan S. & Hofmann, S. (2019). Integrating Metta Into CBT: How Loving Kindness and Compassion Meditation Can Enhance CBT for Treating Anxiety and Depression. *Clinical Psychology in Europe*, 1(3), article e32941

Stefan, S., & David, D. (2014). Obsessive-compulsive, Generalized anxiety tendencies and the illusion of control: An investigation of cognitive mechanisms. *Transylvanian Journal of Psychology*, 15 (1), 3 – 13.

Stefan, S., & David, D. (2013). The Functions of Worry in Uncontrollable Situations - Perceived Effects of Worry and the Feeling of Being in Control. *Transylvanian Journal of Psychology*, 14 (1), 3 – 13.

Stefan, S., & David, D. (2011). Designing and testing new measurement instruments for rational and irrational beliefs related to uncertainty and control. *Transylvanian Journal of Psychology*, 13 (2), 12 – 22.

Cristea, I., Sucala, M., **Stefan, S.,** Igna, R., David, D., & Szentagotai, A. (2011). Positive and negative emotions in cardiac patients: the contributions of trait optimism, expectancies and hopes. *Cognition, Brain, Behavior. An Interdisciplinary Journal*, 15(3), 317-329.

Sucală, M., **Stefan, S.,** Szentagotai-Tatar, A., & David, D. (2010). Time flies when you expect to have fun. An experimental investigation of the relationship between expectancies and the perception of time progression. *Cognition, Brain, Behavior. An Interdisciplinary Journal*, 14, 231-241.