


## PERSONAL INFORMATION

Cristina Maria Tofan



 T Crodrescu, nr. 2, Iasi (Romania)

 +40 0741244763

 [cmbostan@gmail.com](mailto:cmbostan@gmail.com); [cristina.tofan@uaic.ro](mailto:cristina.tofan@uaic.ro); [cmtofan@acadiasi.ro](mailto:cmtofan@acadiasi.ro)

## PROFESSIONAL EXPERIENCE

- 10/2013–present **Assistant professor**  
Faculty of Philosophy and Social-Political Science, Faculty of Psychology and Educational Sciences, and Theological Faculty in `Alexandru Ioan Cuza` University from Iasi (Romania). Teaching general and social psychology.
- 06/2021 – present **Scientific Researcher**  
Psychology and Social Sciences Department, `Gheorghe Zane` Institute for Economic and Social Research, Romanian Academy – Iasi Branch, Romania  
Department: Psychology and Educational Sciences; Domain: Social psychology.
- 05/2019 – 2020 **Postdoctoral researcher**  
Faculty of Psychology and Educational Sciences, `Alexandru Ioan Cuza` University from Iasi (Romania)  
Thesis title: *Self-discrepancies between the expectancies of students and academic reality: the impact over motivation, testing a prevention strategy for reducing academic drop-out, as well as promoting individual health.*
- 06/2014–06/2019 **Psychologist**  
St. Damian Association (Iasi, Romania)  
Coordinating psychologist for helpline counsellors in the **`I choose to live!`** service, the partnership with the National Administration Services (Iasi Penitentiary) and psychologist for **`Homecare services for elders`** project.
- 09/2016–06/2021 **Teacher**  
Post-secondary medical school `Petre Brânzei`, Iasi (Romania)  
Teaching medical psychology, general psychology, sociology, social politics, and health sciences
- 2011–2012 **Psychologist**  
Rotary Club 2000 – `Pinnocchio Playground`, Iasi (Romania)  
Psychological assistance for children with severe kidney illness in `St. Mary` Emergency Hospital for Children, Iasi, Romania.

## EDUCATION

- 2012–2015 **Ph. D. in Psychology**  
Faculty of Psychology and Educational Sciences, `Alexandru Ioan Cuza` University from Iasi (Romania)  
Ph. D. Thesis: *`The impact of personality and dyad factors in defining, pursuing, and attaining goals`*  
*Supervisor: Prof. dr. Ticu Constantin*
- 2010–2012 **Master's degree in Couple and Family Therapies**  
Faculty of Psychology and Educational Sciences, `Alexandru Ioan Cuza` University from Iasi (Romania)  
Master Thesis: *`Family functionality and perceived quality of life in minority population`* *Supervisor: Prof. dr. Nicoleta Turliuc*
- 2007–2010 **Bachelor's degree in psychology**  
Faculty of Psychology and Educational Sciences, `Alexandru Ioan Cuza` University from Iasi (Romania)  
Bachelor Thesis: *„Social aspects at third age”*  
*Supervisor: Prof. dr. Luminița Iacob, Assist. dr. Radu Robotă*

2013 **Accredited Trainer**

CNFPA accreditation, Iasi (Romania; National Center for Training and Continuous Development of Trainers / Centrul Național de Formare și Perfecționare a Antrenorilor).

2016–Present **Accredited Psychotherapist and Clinical psychologist in the Romanian College of Psychologist (20512 CODE)**

Romanian Association of Clinical Hypnosis, Relaxation and Ericksonian Therapy, Iasi (Romania)

PERSONAL SKILLS

Mother tongues(s) Romanian

Other languages

	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C1	B1	B2	B2
German	A1	A1	A1	A1	A1
French	A1	A1	A1	A1	A1

Levels: A1 and A2: Basic user -B1 and B2: Independent user -C1 and C2: Proficient user  
Common European Framework of Reference for Languages

Digital competence

Self-assessments				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Basic user	Independent user	Independent user

Digital competencies – self-report evaluation

Competencies

Computerized programs for data analysis: Tropes (qualitative analysis), Mplus, HLM, IBM SPSS, AMOS.

**Scientific papers (selection):**

**Books:**

1. **Bostan, C. M.** & Maftעי, A. (coord. editors, 2022). Fenomenul Fake News. Mecanisme psihologice și sociale. Editura Institutul European, Iași. ISBN 978-606-24-0312-6 (200 pages; *Fake News Phenomenon. Psychological and Social Mechanism, European Institute Publishing House, Iasi, Romania*)
2. Azoicăi, D., Soponaru, C., **Bostan, C. M.**, Azoicăi, A. N. (2019). Etude de l'état de sante concernant la population de la Roumanie et de la Republique de la Moldavie rapportee aux caracteristiques nutritionnelles. Editura 'Gr. T. Popa' ('Gr. T. Popa' Medical School Publishing House, ISBN 978-606-544-623-6 (250 pages).

**Scientific articles:**

1. Nedeljko, M., Gu, Y. & **Bostan, C.M.** (2023). The dual impact of technological tools on health and technostress among older workers: an integrative literature review. *Cognition, Technology & Work*. Doi: <https://doi.org/10.1007/s10111-023-00741-7>.
2. Jitaru, O., Bobu, R & Bostan, C. M. (2023). Social and emotional skills in adapting students to the academic environment. *Revista Românească pentru Educație Multidimensională - The Romanian Journal for Multidimensional Education, Vol 15 (1)*, 590-605. Doi: <https://doi.org/10.18662/rrem/15.1/713>.
3. **Bostan, C. M.**, Hrișuleac, A. & Măgurianu, L. A. (2023). Death Anxiety and COVID-19 Anxiety. The Mediating Role of Religious Relational Identification and the Impact of Emotional Regulation Strategies. *OMEGA - Journal of Death and Dying. Published online on 09.01.2023*. DOI: <https://doi.org/10.1177/00302228231151744>.
3. **Bostan, C. M.**, Apostol, A. C., Andronic, R. L., Stanciu, T. & Constantin, T. (2022). Type of goals and perceived control for goal achievement over time. The mediating role of motivational persistence. *Acta Psychologica Vol 231*, 103776. Doi: <https://doi.org/10.1016/j.actpsy.2022.103776>.
4. **Bostan, C. M.**, Stanciu, T., & Andronic, R. L. (2021). The Moderation Role of Being Valued by Teachers Over the Association Between School Children Motivation and Need for Competition. *SAGE Open*, 11(3). <https://doi.org/10.1177/21582440211044179>.
5. Maftעי, A., **Bostan, C. M.**, & Zaharia, D. V. (2021). Hostility and civic moral disengagement: Cognitive reappraisal and expressive suppression as moderators. *Journal of Moral Education*, 50(2), 202-218. <https://doi.org/10.1080/03057240.2019.1691512>.
6. Roman, M., Constantin, T., & **Bostan, C. M.** (2020). The efficiency of online cognitive-behavioral therapy for postpartum depressive symptomatology: a systematic review and meta-analysis. *Women & Health*, 60(1), 99-112.

<https://doi.org/10.1080/03630242.2019.1610824>.

7. Roman, M., **Bostan, C. M.**, Diaconu-Gherasim, L. R., & Constantin, T. (2019). Personality traits and postnatal depression: the mediated role of postnatal anxiety and moderated role of type of birth. *Frontiers in Psychology*, 10, 1625. <https://doi.org/10.3389/fpsyg.2019.01625>.
8. **Bostan, C. M.**, Maricuțoiu, L. P., & Constantin, T. (2018). Successful management of automatic dysfunctional thoughts in the context of negative emotions. *Anxiety, Stress, & Coping*, 31(6), 686-701. <https://doi.org/10.1080/10615806.2018.1518634>.
9. Tiron, K., Gherguț, A., Roșan, A. M., & **Bostan, C. M.** (2022). Word Reading Accuracy as a Mediator for Fluency. *Revista Romaneasca pentru Educatie Multidimensionala - The Romanian Journal for Multidimensional Education*, 14(1), 370-387.
10. Tiron, K., **Bostan, C. M.**, & Gherguț, A. (2021). General Visual Ability as a Moderator in the Relationship RAN–Fluency in a Regular Orthography. *Revista Romaneasca pentru Educatie Multidimensionala - The Romanian Journal for Multidimensional Education*, 13(4), 224-238.
11. **Bostan, C. M.**, Ticu, C., Vrabie, T., Stanciu, T., & Andronic, R. L. (2021). Supporting motivational persistence in the personality system in early academic stages through educational strategies. *Revista Romaneasca pentru Educatie Multidimensionala - The Romanian Journal for Multidimensional Education*, 13(2), 223-242. Doi: <https://doi.org/10.18662/rrem/13.2/419>.
12. Holman, A. C., Pascal, E. A., Constant, T., Hojbotă, A. M., & **Bostan, C. M.** (2019). Developing academic persistence in the international baccalaureate diploma programme: Educational strategies, associated personality traits and outcomes. *International Journal of Educational Psychology: IJEP*, 8(3), 270-297. Doi: <http://dx.doi.org/10.17583/ijep.2019.3913>.
13. **Bostan, C. M.**, Hojbotă, A. M., Gheorghiu, A., Aiftincăi, A. M. (2016). Resilient development in negative emotional climate and perception of legal authorities. The 5 th International Conference Multidisciplinary Perspectives in the QuasiCoercive Treatment of Offenders – Probation as a field of study and research: From person to society. Conference Proceedings and indexed to ISI Web of Science.
14. **Bostan, C. M.** (2015). Attaining goals in couple–Psychological consequences and determinant factors. In Proceedings of the International Conference „Humanities and Social Sciences Today. Classical and Contemporary Issues (pp. 31-39).
15. **Bostan, C. M.**, Constantin, T., & Aiftincăi A., M. (2014). The role of motivational persistence and emotional dynamics in changes of well-being. In The Second World Congress on Resilience: From Person to Society (pp. 1097-1102).
16. Apostol A.-C., Rădoi M., **Bostan C.M.**, Irimescu G. (2021) „Professional identity in a fluid pandemic context. Measuring academic worries of university students: initial validation of a scale”, in *Scientific Annals `Alexandru Ioan Cuza` University from Iași, Sociology and Social Work Series*, Tom XIV, Nr. 2, p. 143-162. link: <https://doi.org/10.47743/asas-2021-2-664>.
17. Pănoi, E. R., Turliuc, M. N., & **Bostan, C. M.** (2018). Family Resilience as an Outcome in Relation with Marital Satisfaction. *Annals of All Cuza University. Psychology Series*, 27, 5-17.
18. **Bostan, C. M.**, & Zaharia, D. V. (2016). Emotional dysregulation-factor structure and consistency in the Romanian version of the difficulties in emotion regulation scale (DERS). *Annals of All Cuza University. Psychology Series*, 25(2), 57. Link: [Work Style \(uaic.ro\)](http://www.uaic.ro).
19. **Bostan, C. M.** (2016). The authentic self–Determinant role in attaining common goals. *Psihologia socială*, 1(37), 55-66.
20. Holman, A. C., Pascal, E. A., **Bostan, C.**, Hojbotă, A. M., & Constantin, T. (2015). Developing academic persistence in the International Baccalaureate Diploma Program: educational strategies and associated personality traits. *Annals of All Cuza University. Psychology Series*, 24(2), 53.
21. **Bostan, C. M.** (2015). The role of motivational persistence and resilience over the well-being changes registered in time. *Symposion*, 2(2), 215-241. Link: [210995215.pdf \(core.ac.uk\)](https://www.core.ac.uk/doi/pdf/10.10995215.pdf).
22. Chirilă, T., **Bostan, C. M.**, & Constantin, T. (2011). Measuring communication style: construction, factor structure and psychometric properties of the scale. *Annals of the Al. I. Cuza University, Psychology Series*, 20(1), 57-75.
23. Stanciu, T., **Bostan, C. M.**, Cojan, M. (2021). Identifying the encountered difficulties and training needs of first year students. *Buletinul Institutului Politehnic din Iași secția Științe Socio-Umane*, Vol. 67(71), Nr. 1-2/2021.
24. Holman, A., Pascal, E. A., **Bostan, C. M.**, Hojbotă, A. M., Constantin, T. (2016). Developing academic persistence in the International Baccalaureate Diploma Programme: Educational strategies and associated personality traits. Research summary (pp. 1-5). Retrieved at: <http://www.ibo.org/contentassets/d1c0accb5b804676ae9e782b78c8bc1c/researchacad-persistences-summary-en.pdf>.
25. Holman, A., Pascal, E. A., **Bostan, C. M.**, Hojbotă, A. M., Constantin, T. (2016). Developing academic persistence in the International Baccalaureate Diploma Programme: Educational strategies and associated personality traits. Research report (pp. 1-95). Retrieved at: <http://www.ibo.org/contentassets/d1c0accb5b804676ae9e782b78c8bc1c/researchacad-persistence-full-report-en.pdf>.

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