

BIOGRAPHICAL SKETCH

NAME Alexandra Sidor	POSITION TITLE Research Technician
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NATIONALITY Romanian	
GENDER Female	

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
“George Cosbuc” National College, Nasaud, Romania	Baccalaureate	2002 - 2006	Philology
Babeş-Bolyai University Cluj-Napoca, Romania	BA	2006 - 2009	Faculty of Psychology and Educational Sciences, Department of Psychology
Babeş-Bolyai University Cluj-Napoca, Romania	MA	2009 - 2011	Faculty of Psychology and Educational Sciences, Department of Psychology, Master program: Counseling in schools. Development and mental health

A. PROFESSIONAL EXPERIENCE

- 2011 - present Research technician, Cluj School of Public Health, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Cluj-Napoca, Romania
- 2011 - present Trainer, EduExpert Center
- 2013 Graduate research assistantship, Department of Occupational and Environmental Health, College of Public Health, University of Iowa
- 2013 Trainer, POSDRU project – Contract number: POSDRU/110/5.2/G/88428
- 2007 - 2008 Collaborator, EmCogLab, Faculty of Psychology and Educational Sciences, Babes-Bolyai University, Cluj – Napoca, Romania
- 2008 - 2011 Collaborator, Developmental Psychology Lab, Faculty of Psychology and Sciences of Education, Babes-Bolyai University, Cluj – Napoca, Romania

B. Honors

- February, 2014 Trainee – Spring 2014 research training program for the Research Training: Socio-Economics of Mental Health Service Delivery in Southeastern Europe, Fogarty International Training Conference, University of California, Berkeley, USA.
- June, 2014 Trainee – Summer 2014 research training program for the Research Training: Socio-Economics of Mental Health Service Delivery in Southeastern Europe, Fogarty International Training Conference, University of California, Berkeley, USA.
- 2013 Intermediate term scholarship – Fogarty International Center’s Non-Communicable Diseases Research Training Program in Romania, College of Public Health, University of Iowa, USA.
- 2013 Trainee – Motivational Interviewing Skill-Building Webinar Series, Health Sciences Institute.

C. RELEVANT PUBLICATIONS

1. Conference proceedings:

Sidor, A., Neagu, D., Brînzaniuc, A., Rus, I., & Cherecheș, R.M. (2012). Health information seeking behaviors and related parental sun exposure attitudes and practices: a pilot study in Cluj-Napoca, Romania, *European Journal of Public Health Supplement* , 22(suppl 2): 126-295

Sidor, A., Baba, C.O., Marton-Vasarhelyi, E.O., Chereches, R.M. (2014). Gender differences in comorbidities of eating disorder, By: Sidor, *European Journal of Public Health Supplement*, 24 (suppl 2): 161.

2. Presented papers:

2012 - **Sidor A.,** Zlati A., Marton O.E., Cherecheș, R.M. Public Health and Social Services: Education and Practice Conference, Tblisi, Georgia. The risk of eating disorders onset in adolescents enrolled on the online ProYouth Platform: preliminary findings from Romania - oral presentation.

2012 - **Sidor A.,** Negură D., Brînzaniuc A., Rus I.A., Cherecheș, R.M. 5th European Public Health Conference All Inclusive Public Health Portomaso, St. Julian's, Malta. Health information seeking behaviors and related parental sun exposure attitudes and practices: a pilot study in Cluj-Napoca, Romania – poster presentation.

2013 - **Sidor A.,** Zlati A., Marton O.E., Cherecheș, R.M. International Interdisciplinary Eating Disorders and Obesity Conference, Prague, Czech Republic. Comorbidities of eating disorders among adolescents. Results from participants registered on the Romanian ProYouth information and support portal - oral presentation

2014 - **Sidor A.,** Alexa, P.M., Cionca, E., Ionel, S.M., Pop, C. 3rd European Conference on Mental Health – Looking for Evidence Together, Tallinn, Estonia. Let’s focus on bulimia! – poster presentation

D. Research Support

Grant number	Sub - award of the Award Number D43 TW008308
PI	Prof. Ovidiu Cotoi, University of Medicine and Pharmacy, Tîrgu Mures
Period	2012 – 2013
Title	”Illness perception, disease severity and psychosocial adaptation in Romanian patients with psoriasis” (HAPPen).
Short description	<p>Psoriasis is an incurable skin disease that can cause serious impairments in patients, significantly lowering their quality of life. Ranged as the second most common dermatological disease worldwide, psoriasis is characterized by both multiple different phenotypic variations and degrees of severity, as well as high rates of morbidity. Even though in recent years research has advanced in this field, the integration of medical and psychological services in psoriasis’ management is problematic in Romania.</p> <p>Therefore this study aims to determine patients’ needs in terms of medical and psychological severity in psoriasis by quantitatively and qualitatively evaluate the medical and psychological severity in psoriasis patients (1), and to design a set of recommendations for a future psycho-bio-social intervention intended to improve patients’ condition and quality of life.</p>
Role	Research technician

Grant number	20101209
PI	Prof. Dr. Stephanie Bauer, Center for Psychotherapy Research, Heidelberg, Germany
Period	2011 – 2014
Title	”Promotion of young people's mental health through technology-enhanced personalization of care” (PRO-YOUTH)
Short description	<p>PRO-YOUTH focuses on reducing inequalities, reaching underserved populations, and reducing stigma associated with mental disorders by psycho-education and peer support. Young people's self-management skills are strengthened and they are encouraged to seek the best and most effective health care assistance. The inclusion of different settings, contexts, and stakeholders together with the respective capacity building will provide a knowledge base that better enables young people and their health care providers to adopt proven strategies to promote mental health and prevent mental illness.</p> <p>The general objective of PRO-YOUTH is the promotion of mental health of young people aged 15 to 25 through personalized stepped care integrating prevention, early diagnosis, immediate intervention and appropriate management of eating disorder (ED) related mental health problems. Specifically, the project aims at the improvement of young people’s quality of life, by reducing the number of individuals affected by ED and minimizing the burden and duration of suffering for those affected.</p>
Role	Research technician

Grant number	GTC 34067/01.11.2013
PI	Alexandra Sidor, Cluj School of Public Health, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Cluj-Napoca, Romania
Period	2013 – 2014
Title	”Development of a nutritional literacy intervention for Romanian adolescents” (ANARo)
Short description	<p>Malnutrition, a global health issues, has been understudied in Romanian adolescent population. Romanian adolescents aged between 11 and 16 years old report unhealthy eating patterns. As they grow older, Romanian adolescents consume less fruits and vegetables while eating more unhealthy snacks (i.e., sweets, chips), fast-food and carbonated soft drinks. Moreover a small number of adolescents serve breakfast on a daily basis.</p> <p>World Health Organization proposed nutritional literacy as an effective strategy to reduce malnutrition. Following best practices, this study is the first to assess nutritional literacy in Romanian adolescents and to design an intervention based on their knowledge, needs and preferences.</p> <p>The study lasts 12 months. Initially, we will assess nutritional choices, nutritional knowledge, body image, general health status, anxiety and depression symptoms, eating disorders symptoms, risk behaviors and socio-demographic characteristics in 340 children aged 11 to 15 years old. Secondly, we will conduct focus-groups with adolescents to assess their satisfaction with existent nutritional programs and their</p>
Role	Principal investigator

Grant number	Sub - award of the Award Number D43 TW008308
PI	Alexandra Sidor, Cluj School of Public Health, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Cluj-Napoca, Romania
Period	2014-2015
Title	Develop and Validate a Nutrition Literacy Scale for Adolescents (NiLSA)
Short description	<p>This study aims to develop and validate a nutrition literacy scale that can help health practitioners and registered dieticians (1) screen the level of nutrition literacy in adolescents, (2) tailor the nutrition interventions addressing adolescents to their needs and (3) measure the impact of nutrition interventions on nutrition literacy. On the long term this study can increase the effectiveness of nutrition interventions by offering a nutrition literacy screening tool that can facilitate personalized nutrition care and nutrition advices.</p>
Role	Principal investigator

Grant number	5D4304
PI	Alexandra Sidor, Cluj School of Public Health, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Cluj-Napoca, Romania
Period	2014-2015
Title	Improve the Mental Health Referral System in Oncology Care
Short description	<p>This study aims to ensure that each patient diagnosed with cancer is screened for distress and is referred to mental health care in case of moderate and severe distress. To approach this aim, we will ask patients waiting for their chemotherapy session to complete a self-reported distress screening instrument and some additional questions regarding the mental health care or/and referral they received right after their cancer diagnosis. Moreover, we will interview oncology clinicians and mental health practitioners to find their attitudes, knowledge and needs regarding the use of a distress screening instrument in oncology settings.</p> <p>This study is implemented in Albania, Bulgaria, Moldova, Romania and Serbia. In each country we will ask approximately 150 patients diagnosed with cancer to complete distress screening instrument and to answer additional questions. Oncology clinicians and mental health practitioners (psychologists, psychotherapists and psychiatrists) will participate in interviews related to the implementation of a mental health referral system in oncology care.</p>
Role	Principal investigator