



MARINA DENISA DASCĂL

PUBLIC HEALTH SPECIALIST 📍 CLUJ-NAPOCA, ROMANIA ☎ (+40)753990297

◦ DETAILS ◦

Cluj-Napoca
Romania

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◦ SKILLS ◦

Data analysis, research, and
evaluation.

Personal work ethic,
communication and interpersonal
skills, and team player

Research

Scientific Writing

Public Speaking

📁 EMPLOYMENT HISTORY

Research Technician/Research Assistant/Local Research Grant Director at
Department of Public Health, College of Political, Administrative and
Communication Sciences, Babes-Bolyai University, Cluj-Napoca
April 2017 — Present

Teaching Assistant at Department of Public Health, College of Political, Administrative
and Communication Sciences, Babes-Bolyai University, Cluj-Napoca

Motivational Interviewing Counselor
November 2021 — Present

Research Psychologist at DOTLUMEN SRL - Empowering the blind, Cluj-Napoca
July 2022 — Present

Collaborator at Cluj Cultural Centre, Cluj-Napoca
August 2020 — Present

Research Assistant at Culture Action Europe, Belgium
December 2021 — Present
Culture for Health Scoping Review

Public Health Specialist at Teatrul National Lucian Blaga, Cluj-Napoca
August 2022 — December 2022
Oaze de Liniște

International Consultant at East European Institute for Reproductive Health,
Târgu-Mureș
August 2021 — May 2022
The Spotlight Initiative for Central Asia (Regional SI)

Research Assistant at Data Lab: Digital Affective Technologies in Therapy and
Assesments
September 2021 — May 2022

Local Research Grant Director at Department of Public Health, College of Political,
Administrative and Communication Sciences, Babes-Bolyai University, Cluj-Napoca
April 2019 — March 2020

Research Intern at Humanitas Hospital, Cluj-Napoca
March 2017 — May 2017

Research Intern at Department of Public Health, College of Political, Administrative and
Communication Sciences, Babes-Bolyai University, Cluj-Napoca
January 2017 — March 2017

- **Coordinator at Department of Public Health, College of Political, Administrative and Communication Sciences, Babes-Bolyai University, Cluj-Napoca**
January 2016 — March 2017
ADAGIO - Well-being of the elderly (dance courses) pilot study
- **Volunteer at Organizația Studenților Mediciniști**
January 2016 — June 2016
Donate blood, be a hero campaign



EDUCATION

- **High School, Colegiul Național 'Unirea', Târgu-Mureș**
September 2011 — June 2015
- **Bachelor's Degree, Cluj School of Public Health, College of Political, Administrative and Communication Sciences, Babes-Bolyai University, Cluj-Napoca**
September 2015 — July 2018
- **Master's Degree, Master of Psychology of Public and Clinical Health, Faculty of Psychology and Educational Sciences, Babes-Bolyai University, Cluj-Napoca**
September 2018 — July 2020
- Clinical Science Scholars program, Harvard Medical School and Semmelweis University, Boston, U.S.**
July 2023 – March 2024



RESEARCH PROJECTS

- **Research Assistant**
October 2022 — Present
Smartphone Intervention for Pregnancy Smoking Cessation with Peer Support (R33HD103039)
Eunice Kennedy Shriver National Institute of Child Health & Human Development
- **Public Health Specialist**
October 2022 — December 2022
Teatrul Național Lucian Blaga și Create.Act.Enjoy
- Research Assistant**
January 2020 — June 2022
A Smartphone Intervention for Pregnancy Smoking Cessation with Peer Support (1R21HD103039-01)
Fogarty International Center, U.S. National Institutes of Health (NIH)
- **International Consultant**
August 2021 — May 2022
East European Institute of Reproductive Health-The Spotlight Initiative for Central Asia (Regional SI)
- **Public Health Specialist**
September 2021 — December 2021
The impact of artistic interventions on medical staff in Romania in the context of the Covid-19 pandemic

Public Health Specialist

June 2021 — November 2021

Cluj Cultural Center

MESOC (Measuring the Social Dimension of Culture) Manuscript

Mentor

May 2021 — August 2021

Minority Health and Health Disparities International Training Program 2021

Mentor of Samira Abdalla

The Effect of the Coronavirus Disease Outbreak on Romantic Relationships

Public Health Specialist

August 2020 — December 2020

Cultural prescriptions. Art therapy: An intervention to treat burnout

The project Art & Well-being involves four leading European institutions with varied experiences, missions, publics and geographic focus: The Centre for Fine Arts, Brussels, Belgium (BOZAR), Cluj Cultural Centre Association – Project Lead – based in Cluj, Romania (CCC), the Maribor Art Gallery in Maribor, Slovenia (UGM), and the Bruno Kessler Foundation in Trento, Italy (BKF).

Research Assistant

January 2020 — May 2020

Interdisciplinary study on young people's needs and opportunities assessment in young people from Cluj-Napoca, Romania Cluj-Napoca, Romania

Fundația Botnar

Research Technician/Local Project Director

January 2019 — January 2020

Ethical considerations related to E-cigarette use for pregnancy smoking cessation (5R21TW010896-02S1)

Fogarty International Center, U.S. National Institutes of Health (NIH)

Research Technician/Local Project Director

March 2017 — March 2020

Smoking cessation in Romanian families using pregnancy as a window of opportunity (1K01TW009654-01A1)

U.S. National Institutes of Health (NIH)

Research Technician/Local Project Director

January 2019 — January 2020

2019-2020 - Supplement: Mobile health intervention for family smoking cessation in Romania (5R21TW010896-02S2)

Fogarty International Center, U.S. National Institutes of Health (NIH)

Mentor

October 2019 — December 2020

Understanding the Barriers to Accessing Mental Health Care for Mothers with Postpartum Depression in Romania.

Mentor of Kate Derr-(University of Delaware, U.S.A)

Documentarist

January 2017 — January 2019

A mHealth intervention to prevent smoking relapse after pregnancy
(PN-III-P4-ID-PCE-2016-0632)

Unitatea Executivă pentru Finanțarea Învățământului Superior, a Cercetării, Dezvoltării și
Inovării (UEFISCDI)

Mentor

May 2019 — August 2019

Minority Health and Health Disparities International Training Program 2019

Mentor of Michael Berger (University of Iowa, College of Public Health)

Attachment styles and well-being during the prenatal and antenatal period



PUBLICATIONS

Research Article

Authors: Oana David, Liviu Fodor, Marina Dascal, Ionela Miron

Title: The efficacy of online parenting interventions in addressing emotional problems in children
and adolescents: A meta-analysis of randomized controlled trials

Journal: International Journal Social Psychiatry

Date: 1 March 2023

Doi: 10.1177/00207640231156034

Research Article

Authors: Claudia Cacovean, Marina Dascal, Rarita Zbranca

Title: Developing a framework for culture-based interventions for well-being
in Cluj-Napoca, Romania

Journal: City, Territory and Architecture

Date: 6 December 2022

Doi: <https://doi.org/10.1186/s40410-022-00182-1>

Research Article

Authors: Meghea CI, Brinzaniuc A, Sidor A, Chereches RM, Miha D, Iuhas C, Stamatian F,
Caracostea G, Dascal M, Foley KF, Baban A, Voicea TC, Blaga OM.

Title: A Couples-Focused Intervention for Smoking Cessation During Pregnancy: The
Study Protocol of The Quit Together Pilot Randomized Controlled Trial

Journal: Tobacco Prevention & Cessation.

Date: May 2018

Link: <https://doi.org/10.18332/tpc/89926>

Research Article

Authors: Marina Dascăl, Madalina Pop, Adrian Rad, Dora Veress

Title: Suprasolicitarea serviciilor de medicină de urgență

Journal: Viata Medicala

Date: 18 May 2018

Link: http://www.viata-medicala.ro/*articleID_14560-dArt.html

Research Article

Author: Marina Dascăl

Title: Pacienții oncologici cu risc de stres moderat spre sever

Journal: Viata Medicala

Date: 7th September 2018

Link: http://www.viata-medicala.ro/*articleID_14954-dArt.html

Research Article

Authors: Marina Denisa Dascăl, Cristian Ioan Meghea, Priyanka Dubey & Adriana Băban

Title: Factors associated with moderate to high nicotine dependence in a sample of pregnant women from Romania

Journal: Romanian Journal of Applied Psychology

Date: 31 December 2019

Link: 10.24913/rjap.21.2.03

Research Article

Authors: Marina Dascăl, Cristian Meghea, Oana Blaga

Title: A Cross-Section Study of Relationship Characteristics and Smoking Cessation During Pregnancy in a Sample of Romanian Pregnant Women

Journal: Maternal and Child Health Journal

Date: 11 February 2020

Link: <https://doi.org/10.1007/s10995-020-02898-3>

Research Article

Authors: Rana Jaber, Oana Blaga, Marina Dascăl, Cristian Meghea

Title: Perceived safety of smoking a few cigarettes during pregnancy and provider advice in a sample of pregnant smokers from Romania

Journal: Addiction Journal

Date: 17 august 2020

Link: <https://doi.org/10.1111/add.15201>

Book

Authors: Cristian Meghea, Alexandra Onisor, Oana Blaga, Marina Dascăl, David Wette

Title: Ghid de consiliere comportamentală bazat pe creșterea motivației și rezolvarea problemelor: Renunțarea la fumat pe timpul sarcinii

Publisher: Presa Universitara Clujeană, 1

Year: July 2021

Link: <http://www.editura.ubbcluj.ro/bd/ebooks/pdf/2902.pdf>

Report

Authors: Adelina Anitei, Diana Buluga, Claudia Cacovean, Marina Dascăl, Emanuel Henteș, Patricia Marga, Rarița Zbranca

Title: Case Study Report: Overcoming Burnout through Arts. Impact of Artistic Interventions on Participants with Burnout

Date: 2020

Link: <https://art-wellbeing.eu/case-study-report-overcoming-burnout-through-arts/>

Report

Authors: Diana Buluga, Claudia Cacovean, Marina Dascăl, Rarița Zbranca

Title: The Impact of Artistic Interventions on Medical Staff In Romania in the Context of the Covid-19 Pandemic-Case study based on a set of artistic interventions proposed by Create.Act.Enjoy, with the support of the Cluj Cultural Centre

Year: 2021

○ **Research Article**

Authors: Marina Dascal, Eva Kallay

Title: The Investigation of changes in health-related quality of life before and after giving birth in a sample of Romanian women

Date: 2 May 2022

Link: <https://psyct.swu.bg/index.php/psyct/article/view/638>

○ **Research Article**

Authors: Alexandra Onisor, **Marina Dascal**

Title: Improving Mental Health Care for Cancer Patients from Romania at Risk for Moderate to Severe Psychological Distress

Journal: Evoluții și tendințe în studiul administrației publice din România Viziunea tinerilor cercetători-Accent

Year: 2021

★ **CONFERENCES**

○ **Oral Presentation**

Overcoming Burnout through Arts

Claudia Cacovean, **Marina Dascăl**, Raluca Bugnar

Culture and Work-related Well-being Policy Dialogue

Culture for Health Forum

November, 2022

○ **Poster Presentation**

The findings of the usability testing of a m-Health smoking cessation app for pregnant women and their nominated peer supporters

10th International Festival of Public Health

Marina Dascăl, Oana Blaga, Teodora Frățilă, Cristian Meghea, Kristie Foley, Ken Resnicow

July, 2022

Manchester, UK

○ **Oral Presentation**

The situation analysis of the participation of the health, psycho-social and law enforcement sectors to multi-sectoral response to sexual and gender-based violence in the Central Asia region.

Regional Workshop Multi-Sectoral Response to Gender-based Violence in Central Asia

Oral presentation

Almaty, Kazakhstan

23-25 May

○ **Oral Presentation**

Usability testing of a smartphone app for pregnancy smoking cessation with peer support

Annual conference of the Society for Research on Nicotine and Tobacco

Blaga OM, **Dascal MD**, Fratila T, Foley KL, Resnicow K, Meghea CI

Baltimore, MD, USA

March 2022

Speaker

Public Health Debates organised by the Department of Public Health, Babeş-Bolyai University Theme: Mental Health

Marina Dascăl, Morar Andreea

17 April 2021

Speaker

Poster Presentation

Pilot Randomized Controlled Trial of Quit Together, A Couple Focused Pregnancy Smoking Cessation Intervention In Romania

Society for Research on Nicotine & Tobacco (SRNT)

Cristian Meghea, **Marina Dascăl**, Oana Blaga

February 24-27, 2021

Poster Presentation

Mobile Intervention for Family Smoking Cessation in Romania

Exit Interviews

Society for Research on Nicotine & Tobacco (SRNT)

Marina Dascăl, Oana M. Blaga, Teodora D. Frăţilă, Adelina Aniţei-Micu, Patricia Marga, Cristian I. Meghea

February 24-27, 2021

Oral Presentation

Culture and Well-being Forum (<https://art-wellbeing.eu/forum-2021/>)

Scaling Up Interventions and Culture Interventions for Health and Well-being

Overcoming Burnout through Arts. A Cultural Prescriptions Pilot Project

Marina Dascăl, Claudia Cacovean

Poster Presentation

Views of Romanian Pregnant Smokers And Ex-Smokers On The Use Of E-Cigarettes And Heat-Not-Burn Products

Society for Research on Nicotine & Tobacco (SRNT)

Oana Blaga, Teodora D. Frăţilă, **Marina Dascăl**, Adelina Aniţei-Micu, Patricia Marga, Cristian I. Meghea

February 24-27, 2021

Oral Presentation

Fundația Universității Babeş-Bolyai

Presentation- The Importance of Social Relationships for Elderly during Covid-19
Universitatea Varstei a Treia

Oral Presentation

Preliminary feasibility and acceptability of the Quit Together couple focused pregnancy smoking cessation intervention in Romania

Society for Research on Nicotine & Tobacco (SRNT)

Cristian I. Meghea, **Marina D. Dascăl**, Oana M. Blaga

11-14 March 2020

New Orleans, Louisiana

Oral Presentation

Emotional Health Factors Associated With Smoking Cessation In A Sample Of Romanian Pregnant Women

Society for Research on Nicotine & Tobacco (SRNT)

Michael R. Berger, **Marina D. Dascăl**, Cristian I. Meghea

11-14 March 2020

New Orleans, Louisiana

Presentation

The Investigation between Attachment Styles, Marital Satisfaction and Quality of Life in a Sample of Pregnant Women from Romania

Academia Română – Filiala Cluj-Napoca Institutul de Istorie „George Barițiu”

Departamentul de Cercetări Socio-Umane Colectivul de Psihologie și Științele Educației

Lector dr. Eva Kallay, **Marina Dascăl**

November 2019

Cluj, Romania

Presentation

The Investigation of the Relationship between Attachment Styles, Depression, Self-esteem and Loneliness in a Sample of Pregnant Women

Academia Română – Filiala Cluj-Napoca Institutul de Istorie „George Barițiu”

Departamentul de Cercetări Socio-Umane Colectivul de Psihologie și Științele Educației

Marina Dascăl, Lector dr. Eva Kallay

November 2019

Cluj, Romania

Presentation

Stay Quit Together – follow-up feasibility and biochemical verification in a postnatal smoking relapse prevention intervention

SRNT-E Society for Research on Nicotine and Tobacco

Marina Dascăl, Andreea Hostina, Cristian Meghea

September 2019

Oslo, Norway

Presentation

Beliefs about tobacco and e-cigarettes among women who smoked and quit tobacco during pregnancy

SRNT-E Society for Research on Nicotine and Tobacco

Razvan Bandici, **Marina Dascăl**, Cristian Meghea

September 2019

Oslo, Norway

Presentation

Development of the Stay Quit Together mHealth intervention

SRNT-E Society for Research on Nicotine and Tobacco

Andreea Hostina, **Marina Dascăl**, Cristian Meghea

September 2019

Oslo, Norway

Presentation

Usage of the NCCN Distress Thermometer and Problem List in patients accessing one cancer facility in Moldova

Third Edition of the International Conference on Non-Communicable Diseases-Health Risk Factors and Prevention of Injuries and Diseases

Marina Dascăl, Alexandra Onisor, Razvan Chereches

June 2019

Chisinau, Moldova

Presentation

Factors associated with moderate to high nicotine dependence in a sample of Romanian pregnant women

4th ENSP-SRP International Conference on Tobacco Control- European Network for Smoking and Tobacco Prevention

Marina Dascăl, Oana Blaga, Cristian Meghea, Adriana Baban

March 2019

Bucharest, Romania

Presentation

Preliminary feasibility and acceptability of Stay Quit Together-a smoking relapse prevention intervention

Annual Conference of the Society for Research on Nicotine and Tobacco in San Francisco Preliminary feasibility and acceptability of Stay Quit Together-a smoking relapse prevention

Andreea Hoștină, Oana M. Blaga, , Cristian I. Meghea, **Marina Dascăl**

February 2019

San Francisco

Presentation

Presentation- Building Better Mental Health for the Elderly - Universitatea Varstei a Treia Fundația Universității Babeș-Bolyai

Presentation

Preliminary feasibility and acceptability of the Quit Together couple focused pregnancy smoking cessation intervention in Romania

Annual conference of the Society for Research on Nicotine and Tobacco in San Francisco

Cristian I. Meghea, **Marina D. Dascăl**, Teodora Fratila, Oana M. Blaga

February 2019

San Francisco

Presentation

Predictors of smoking during pregnancy in a sample of Romanian pregnant women-Poster Presentation

18th Annual Meeting of the European Society for Research on Nicotine and Tobacco

Marina Dascăl, Oana Blaga, Cristian Meghea

6-8 September 2018

Munich, Germany

○ **Poster Presentation**

Online Recruitment of Smoker Pregnant Women for of Couple Smoking Cessation Trial
Conducted in an Eastern European Country

24th Annual Meeting of the Society for Nicotine and Tobacco Research

Marina Dascăl, Oana Blaga, Cristian Meghea

21-24 February 2018

Hilton Baltimore Hotel, U.S

○ **Oral Presentation**

Online enrollment in public health interventions: Lessons learnt from a smoking
cessation trial

Transylvanian International Conference in Public Administration,

Marina Dascăl, Oana Blaga, Cristian Meghea

2-4 November 2017

Cluj-Napoca, Romania

○ **Poster Presentation**

The Role of Media Coverage in Suicide Prevention in Romania

Second Edition of the International Conference on Non-Communicable Diseases

Marina Dascăl, Dora Veress , Naomi Popovici

22-24 May 2017

Cluj-Napoca, Romania

○ **Oral Presentation**

To what extent do health professionals offer brief advice regarding smoking cessation to
pregnant women?

Second Edition of the International Conference on Non-communicable Diseases

Marina Dascăl, Oana Blaga, Cristian Meghea

22-24 May 2017

Cluj-Napoca, Romania

○ **Presentation**

Building Public-Health Research Capacity on Non-Communicable Chronic Diseases
through Romania-USA cooperation

SASA/University of Rwanda Conference

Radu Pîrlog, **Marina Dascăl**, Razvan M. Chereches

October, 2017

Rwanda

★ **HONOURS AND AWARDS**

○ **Second place at Hackathon2018-Scoala Informală de IT**
April 2018

developers, entrepreneurs, IT seniors, young people at the start of their career sharing the same aim: to improve people's lives through innovative applications online mentoring platform for school children and teachers

○ **Acknowledgement for the Research Performance**

July 2018

College for Advanced Performance Studies, Babes-Bolyai University, Romania

★ **CERTIFICATIONS**

○ **Prevention of Sexual Exploitation and Abuse (PSEA)**

UNICEF-August 2021

○ **Protecting Human Research Subjects**

The National Institutes of Health

October, 2017

Certification Number: 2529677

○ **NIDA Clinical Trials Network Certificate on Good Clinical Practice**

Course Completion Date: 5 April 2017

CTN Expiration Date: 5 April 2020

○ **Certificate of MI training (interactive didactic and experiential training including three standardized patients with feedback)**

November 2021

Eunice Kennedy Shriver National Institute Of Child Health & Human Development of the National Institutes of Health under Award Number R21HD103039.

○ **Youth Pass, Portimão**

INTERNATIONAL PARTNERSHIP TO SUPPORT YOUTH INITIATIVE

Mobility of youth workers 10/10/2022–

16/10/2022 | in Portimão, Portugal

✿ **EXTRA-CURRICULAR ACTIVITIES**

○ During the bachelor and master years I took part in projects with activities focused on mental health with children from the private school Spectrum, the special school from Baciú for children with disabilities and Roma population from Pata-Rât.