

## Mariana Bondrescu

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### Professional Summary

***Specialist Psychiatrist at Pius Brînzeu County Emergency Clinical Hospital – “Eduard Pamfil” Psychiatry Clinic, Timișoara***

***Assistant Lecturer at the University Clinic of Psychiatry, Victor Babeș University of Medicine and Pharmacy (UMFT), Timișoara***

***PhD in Medicine (Department of Genetics)***

***Psychotherapist in training in Cognitive-Behavioral Therapy (CBT) and Existential Analysis and Logotherapy***

### Education and Training

- **October 2024 – Present:** Psychotherapist in Training (Existential Analysis and Logotherapy)  
Romanian Association for Existential Analysis and Logotherapy (SAEL)
- **February 2021 – Present:** Psychotherapist in Training (Cognitive-Behavioral Therapy)  
Romanian Association for Cognitive and Behavioral Therapies (ARTCC)
- **September 2020 – September 2025:** PhD in Medicine – Department of Genetics  
Victor Babeș University of Medicine and Pharmacy

- **September 2013 – July 2019:** Doctor of Medicine (MD)  
Victor Babeş University of Medicine and Pharmacy
- **September 2009 – July 2013:** High School Diploma (Natural Sciences Profile)  
Colegiul National Banatean, Timișoara

### Professional Experience

- **July 2025 – Present:** Specialist Psychiatrist  
Pius Brînzeu County Emergency Clinical Hospital – “Eduard Pamfil” Psychiatry Clinic, Timișoara
- **September 2021 – Present:** Assistant Lecturer, Department of Psychiatry  
Victor Babeş University of Medicine and Pharmacy – Department of Neurosciences
- **February 2020 – February 2025:** Psychiatry Resident  
Pius Brînzeu County Emergency Clinical Hospital – “Eduard Pamfil” Psychiatry Clinic, Timișoara

### Skills

- High standards of professionalism, dedication, and empathy
- Strong introspection and continuous self-improvement
- Team collaboration and performance under pressure
- Creativity, synthesis capacity, and academic writing skills

### Languages

- English: Advanced (C1 – Cambridge Certificate)
- German: Beginner (A1/A2)

### Certifications and Digital Competencies

- Full ECDL Certification (European Computer Driving License)
- Driving License – Category B

## Scientific Contributions

### Published Scientific Papers

- **2021-04:** “Impairment of the cardiac ejection fraction by blocking dopamine D2 receptors induced by long-acting injectable antipsychotic treatment” – *Romanian Journal of Morphology and Embryology* – Co-author
- **2021-12:** “Coping strategies and stress-related disorders in patients with COVID-19” – *Brain Sciences (MDPI)* – Co-author
- **2022-05:** “The impact of hyper-acute inflammatory response on stress adaptation and psychological symptoms of COVID-19 patients” – *International Journal of Environmental Research and Public Health (MDPI)* – Co-author
- **2023-08:** “Untangling the professional web: Understanding the impact of work-related factors on the mental health of healthcare professionals during the late stages of the COVID-19 pandemic” – *Journal of Multidisciplinary Healthcare* – Co-author
- **2023-08:** “Validation of the Romanian version of the Halitosis Associated Life-Quality Test (HALT) in a cross-sectional study among young adults” – *Healthcare (MDPI)* – Co-author
- **2023-12:** “Evaluating the Aspects of Quality of Life in Individuals with Substance Use Disorder; A Systematic Review Based on the WHOQOL Questionnaire” – *Journal of Multidisciplinary Healthcare (MDPI)* – Co-author
- **2024-06:** “Into a deeper understanding of CYP2D6’s role in risperidone monotherapy and the potential side effects in schizophrenia spectrum disorders” – *International Journal of Molecular Sciences (MDPI)* – First Author
- **2024-06:** “COMT and Neuregulin 1 for Personalized Treatment of Schizophrenia Spectrum Disorders Treated with Risperidone Monotherapy” – *Biomolecules (MDPI)* – First Author
- **2024-07:** “Quality of Life Assessment Using the WHOQOL-BREF Survey in Hospitalized Patients with Alcohol Use Disorders from Romania” – *Diseases (MDPI)* – Co-author
- **2024-10:** “Cognitive Impairments Related to COMT and Neuregulin 1 Phenotypes as Transdiagnostic Markers in Schizophrenia Spectrum Patients” – *Journal of Clinical Medicine (MDPI)* – First Author

## Conference Abstracts and Presentations

- **2021-04:** “The role of social acuity assessment in differentiating primary psychoses from drug-induced psychoses” – *European Psychiatry* – Co-author
- **2022-02:** “Long-acting injectable risperidone vs. paliperidone: Cardiovascular and metabolic risk factors” – *European Neuropsychopharmacology* – First Author
- **2022-12:** “Cognitive impairments in the main psychiatric disorders” – *Neuroscience Applied* – First Author
- **2023-01:** “Social anxiety, coping, and self-esteem among students” – *Neuroscience Applied* – First Author
- **2023-02:** “The impact of the SARS-CoV-2 pandemic on the mental health of medical staff” – *European Psychiatry* – Co-author

## National and International Conferences and Congresses

- **2020-12:** Conference “Suicide Prevention in Romania” – Coordinated by Dr. Doina Cozman
- **2021-04:** *The 29th European Congress of Psychiatry*, Budapest, Hungary – Poster Session: “The role of social acuity assessment in differentiating primary psychoses from drug-induced psychoses” – Co-author
- **2021-05:** Webinar “Distinguishing Complex PTSD from Borderline Personality Disorder: Diagnostic Implications” – Delivered by Dr. Marylene Cloitre
- **2021-06:** International Conference “Wisdom of Trauma” – Delivered by Dr. Gabor Maté
- **2021-10:** *The 34th ECNP Congress*, Lisbon, Portugal – Poster Session: “Long-acting injectable risperidone vs. paliperidone: Cardiovascular and metabolic risk factors”
- **2021-11:** Webinar “Strengths-Based CBT: A 4-Step Model to Build Resilience” – Christine Padesky
- **2022-02-24:** International Webinar “Hot Topics in Schizophrenia” – The International College of Neuropsychopharmacology
- **2022-07:** Summer School of Cognitive and Behavioral Therapy – ARTCC

- **2022-07:** National Congress of Psychiatry, Cluj-Napoca – Presentation: “Coping Strategies for Stress”
- **2022-07:** Summer School of Psychopathology, Păltiniș, Sibiu – Personality Disorders
- **2022-10:** *The 35th ECNP Congress*, Vienna, Austria – Poster Session: “Cognitive impairments in the main psychiatric disorders”
- **2022-10:** Mental Health Week – Presentation addressed to medical students: “Main Mental Health Disorders”
- **2023-03:** *The 31st European Congress of Psychiatry*, Paris, France – Poster Session: “The impact of the SARS-CoV-2 pandemic on the mental health of medical staff” – Co-author
- **2023-06:** National Conference of Psychiatry, Bucharest – Presentation: “Pharmacogenetics and the Implications of Atypical Antipsychotic Treatment on Cognitive Functions”
- **2023-09:** Symposium “Resilience, Stress and Anxiety in Contemporary Psychiatry” – Presentation: “The Impact of Stress on Sleep and Quality of Life”
- **2023-10:** *The 36th ECNP Congress*, Barcelona, Spain – Poster Session: “Social anxiety, coping, and self-esteem among students”
- **2023-10:** 7th National Congress of Psychoneuroendocrinology – Presentation: “Management of Neuroendocrine Disorders from an Ontogenetic Perspective”
- **2023-10:** Workshop “Psychological Care for the Elderly” – Delivered by Jan Oyebode, organized by West University of Timișoara
- **2024-04:** Case presentation coordination for a General Medicine student at the “International Medical Congress for Students and Young Doctors” – MEDIS
- **2024-05:** National Conference of Psychiatry, Timișoara – Presentation: “Genetic Polymorphisms Relevant to Psychotropic Medication Response in Psychotic Disorders”
- **2024-07:** Summer School of Psychopathology, Păltiniș, Sibiu – Bipolar Affective Disorder
- **2024-09:** *The 37th ECNP Congress*, Milan, Italy – Poster Session: “Impulsivity and Impaired Control as Transdiagnostic Markers for Alcohol Dependence”

## Roluri didactice în examene de specialitate și concursuri universitare

- **2021-10:** Secretar de comisie pentru examenul de specialitate, Disciplina Psihiatrie
- **2021-12:** Secretar de comisie la concursul pentru pozițiile de Asistent Universitar (27 și 28), Disciplina Psihiatrie
- **2022-06:** Secretar de comisie pentru examenul de primariat, Disciplina Psihiatrie
- **2022-11:** Secretar de comisie pentru examenul de specialitate, Disciplina Psihiatrie
- **2023-01:** Secretar de comisie la concursul pentru poziția de Conferențiar Universitar (Poziția 22), Disciplina Psihiatrie
- **2023-06:** Secretar de comisie pentru examenul de primariat, Disciplina Psihiatrie
- **2024-07:** Secretar de comisie pentru examenul de primariat, Disciplina Psihiatrie

## Academic Supervision of Theses

- **2022:** Supervision of Bachelor's thesis entitled:  
"Cognitive deficits in the main psychiatric disorders"
- **2023:** Supervision of the following Bachelor's theses:
  - "The relationship between religiosity and treatment adherence in individuals with schizophrenia spectrum psychoses"
  - "Emotional regulation and its impact on individual functioning according to personality type"
  - "The impact of emotional regulation on sleep in the general population"
  - "Social anxiety, self-esteem, and coping mechanisms among students"
  - "Implications of impulsivity and self-control in alcohol consumption"
- **2024:** Supervision of the following Master's dissertations:
  - "Motivation, parenting styles, and academic performance among medical school graduates"
  - "The impact of emotional regulation and alexithymia on the severity of alcohol dependence and quality of life"
  - "Assessment of stigmatization and internalized stigma ('self-stigma') and their impact on self-esteem in individuals with mental health disorders"

## Training and Volunteer Activities

### Training Activities

- **2012-05/06:** "Youth Leadership Program" – Toastmasters International, Timișoara – Program focused on developing communication and leadership skills

- **2013-02:** Cambridge English Certificate (C1)
- **2013-11:** Full ECDL Certification (European Computer Driving License)
- **2015-03:** “World Kidney Day” Conference – Presentation: “Preventive Aspects of Chronic Kidney Disease”
- **2015-12:** “World AIDS Day” Conference – Victor Babeş University of Medicine and Pharmacy
- **2015-12:** “Doctor–Patient Relationship” Conference – Victor Babeş University of Medicine and Pharmacy
- **2016-05:** One-day Integrative Seminar on Integrative Medicine

### Volunteer Activities

- **2014-03:** “Little Paramedics” – Educational project for primary school children, Society of Medical Students Timișoara(SSMT)
- **2014-04:** SMILE-X Project – Society of Medical Students Timișoara
- **2014-04:** “Doctor for a Day” Project – International Federation of Medical Students' Associations (IFMSA)
- **2015-03/05:** “Little Paramedics” – Educational project, Society of Medical Students Timișoara
- **2015-03-08:** Charity Project “March 8th at the Nursing Home” – LEO Club Timișoara
- **2015-04:** Charity Project “Help the Easter Bunny” – LEO Club Timișoara
- **2015-11:** Charity Project “Come Warm a Soul” – LEO Club Timișoara
- **2015–2016:** Local and subsequently National Coordinator of the project “Sexual Education for Sex Workers” – Information and prevention of sexually transmitted diseases in high-risk groups, Society of Medical Students Timișoara
- **2015–2017:** Local Coordinator of the project “Teenage Pregnancy” – High school awareness campaign, Society of Medical Students Timișoara
- **2014–2016:** Active Volunteer and SCORA Department Coordinator within Society of Medical Students Timișoara

- **2014–2016:** Active Volunteer in LEO Club Timișoara – Various charitable projects; Project Coordinator (2015–2016)
- **2014–2016:** Volunteer for the “World Diabetes Day” Project – Society of Medical Students Timișoara