

CĂTĂLINA MARIA POPOVICIU

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EDUCATION

UNIVERSITY OF BUCHAREST, **Bucharest, RO**
Department of Psychology 2019- 2025
Doctoral studies
Specialization: Technology and Youth Mental Health

NOVA MEDICAL SCHOOL, **Lisbon, PT**
Lisbon Institute of Global Mental Health, 2024- 2025
Postgraduate studies
5th Mental Health Policy and Services program

STANFORD UNIVERSITY **Stanford, US**
Department of Psychiatry and Behavioral Sciences, School of Medicine
Ph. D. student – **Fulbright Fellowship**, October 2021 – October 2022
Specialization: youth mental health; technology and youth mental health; eating disorders

UNIVERSITY OF BUCHAREST **Bucharest, RO**
Department of Psychology
Master’s degree in Health Psychology, June 2019
Specialization: clinical psychology
Graduation rank 1/40; GPA: 4.0

UNIVERSITY OF PADUA **Padua, IT**
School of Psychology
Master’s degree, Erasmus+ exchange student, February – June 2018
Specialization: clinical psychology
“Cum laude” grades

UNIVERSITY OF BUCHAREST **Bucharest, RO**
Department of Psychology
Bachelor’s degree, June 2017
Specialization: Psychology

EUROPEAN UNIVERSITY OF ROME, **Rome IT**
Department of Psychology
Bachelor’s degree, Erasmus exchange student, February - June 2016

EXPERIENCE

Let’s CEE Initiative, 2024- Present **Central and Eastern Europe**
Co-Founder
I co-lead the development of a wide-regionally lived experience network for young people.
Oversee research design, data collection, and policy translation efforts within the organization.

PROJECT WELL. ASSOCIATION, 2024- Present **Bucharest, RO**
Founder, President
An NGO that promotes youth mental health and wellbeing. For youth, by youth.
Current projects led entirely:
Orygen Global Consultant – Being Learning Network Eastern European Hub-Coordinator; offers technical support and learning platform for youth mental health projects funded in Romania by Grand Challenges Canada.
Orygen Global Consultant - Wellcome Trust funded project – explore the establishment of an open-access common mental health measures platform.

SENSIBLU FOUNDATION, 2023- Present
Researcher and Psychologist

Bucharest, RO

Support the delivery and implementation of the UNHCR “Provision of specialized support for GBV victims” project; Provide psychological support to Ukrainian refugees, and GBV victims.
Secured a WAVE (Women Against Violence Europe) grant for awareness and support groups for women and youth.

Researcher on: A randomized controlled trial of a tailored GBV intervention AND a cross-sectional study on relationships and conflict (“Relationships in Times of War”).

WORLD HEALTH ORGANIZATION/Europe, 2022- 2024
Consultant at the pan-European Mental Health Coalition

Europe

Support the delivery of improvements to mental health systems laid out in the WHO European Framework for Action on Mental Health 2021-2025, more specifically, support the Pan-European Mental Health Coalition and WHO Athens Quality of Care office to strengthen youth participation in work conducted in the area of the child, adolescent, and young people's mental health.

STANFORD UNIVERSITY, 2021- 2022

Stanford, US

Intern, Center for Youth Mental Health and Wellbeing

Contributed to the GoodforMEdia peer-mentoring campaign supporting youth mental health and tech use; led online strategy, co-designed youth-led projects and curriculum, and supported grant writing.
Participated in allcove project meetings and developments.
Led development of a tech and youth mental health curriculum for Stanford’s CS147 (Intro to HCI).
Supported grant development and implementation.

Visiting Student Researcher, Eating Disorders Research Program

Trained in one of the newest empirical self-report measures of the symptoms of avoidant restrictive food intake disorder (ARFID) and conducted more than 20 ARFID clinical assessments;
Pilot research focused on social media use, body image, and eating disorders.

UNIVERSITY OF BUCHAREST

Bucharest, RO

Research Assistant, Department of Psychology, Center for Applied Psychology, 2019- Present

Lead Researcher – u’GOOD Research Grant (2025) - a mixed-methods study on adolescent relational wellbeing, combining quantitative surveys and in-depth interviews focused on resilience and protective community factors.

Teaching Assistant, 2019-2021

Curriculum development; held seminars for + 2000 students in the following subjects: personality assessment, counseling, and social integration, career counseling, introduction to psychology, and clinical psychology; grading and administrative tasks.

ACADEMICUS.RO (www.academicus.ro), 2020 - Present

Bucharest, RO

Instructor

Developing and delivering continuing education online courses for psychologists (e.g., “The use of the structured clinical interview for DSM-5”).

PRIVATE PRACTICE OWNER AND CLINICAL PSYCHOLOGIST, 2019 - Present

Bucharest, RO

Provide clinical assessments and short-term therapeutical interventions to young adults and adolescents.

ID THERAPY BESPOKE TREATMENT CENTER, 2018-2022

Bucharest, RO

Psychologist, 2019 - 2022

Wrote more than 500 (SEO) articles on mental health; digital marketing strategy + content writing.

Assistant manager, June-September 2019

Responsible for scheduling appointments, coordinating meetings, participating in the recruitment process, assisted the manager in organizing and planning the business strategy.

ACADEMIC PUBLISHING

- **Popoviciu, C.M.** (2025). Predictors of social media engagement and digital addiction. Submitted for publication
- **Popoviciu, C.M.** (2024). Intersectional identities online. In V. Harrison, A. Collier, & S. Adelsheim (Eds.), *Social media and youth mental health*. American Psychiatric Association Publishing.
- Giosan, C., **Popoviciu, C. M.**, Zhamaliyeva, S., Zaborot, I., & Deac, G. (2024). Evaluating the efficacy of support groups in the metaverse for Ukrainian refugees: a protocol for a randomized clinical trial. *Trials*, 25(1), 697.
- Giosan, C., Pană, A., Cosmoiu, A., Chira, A. M., Toma, A. M., Papasteri, C. C., ... & **Popoviciu, C.** (2024). Mental health literacy and academic performance (MHLAP) in high school students: a randomized clinical trial protocol. *Trials*, 25(1), 41
- Hall, J., Nesrallah, S., Ras, D., Bailie, A., Brunskill, H., Jutten, E., ... & Lazeri, L. (2024). Youth Participation in Strengthening the Quality of Child, Adolescent, and Youth Mental Health in the World Health Organization European Region. *Journal of Adolescent Health*, 75(3), 519-521.
- **Popoviciu, C. M.** (2019). The role of locus of control and self-perception in the relationship between cyberbullying and depression, anxiety, and stress in emerging adults. *Studia Doctoralia*, 10(1), 127-140.
- Giosan, C., **Popoviciu, C. M.** (2022). Guidelines for psychologists providing psychological services via electronic media. București: APR
- Guțu, S. M., Cosmoiu, A., Cojocaru, D., Turturescu, T., **Popoviciu, C. M.**, & Giosan, C. (2021). Bot to the rescue? Effects of a fully automated conversational agent on anxiety and depression: a randomized controlled trial. *Ann Depress Anxiety*, 8(1), 1107.
- **Popoviciu, C. M.** (2019). The role of locus of control and self-perception in the relationship between cyberbullying and depression, anxiety, and stress in emerging adults. *Studia Doctoralia*, 10(1), 127-140.

ACADEMIC GRANTS:

- U'GOOD – A relational framework for youth wellbeing – 2025
- Wellcome Trust – Open-access common mental health measures - 2025
- Early Career Researchers World Health Organization – 2024
- Grant Ethics, Society and Technology, Stanford University (June 2022)

SCHOLARSHIPS AND AWARDS

Fulbright Student Award (The U.S – Romanian Fulbright Commission) – 2021-2022;
Grant Ethics, Society and Technology, Stanford University (June 2022)
2 Erasmus Scholarships (In Pauda – 2018 and Rome – 2016);
Merit scholarships for both my master's and bachelor's degrees.

VOLUNTEER

2022- Present – World Health Organization – Supporter of the pan-European Mental Health Coalition

- Following my role as a supporter of the Coalition, I was invited to be a panelist and facilitator to support the WHO's Health and Wellbeing Forum for Youth in Tirana and the sessions on mental health for Mental Health Week in Athens. I supported and facilitated discussions with the sessions "Let's talk mental health: designing better support for young people", "Going Digital to improve the health of young people", and "Spotlight on child and adolescent mental health in Europe".

2022 – Present Funded the Stanford Students Fulbright Association and elected VP

2017-2018 – Magic carpet; Applied Behavioral Analysis

2013-2017- Students' Association for Psychology and Educational Sciences (ASPSE); Fundraising department

ADDITIONAL

- Fluent in **English** (TOEFL and Cambridge certificate) and **Romanian**; intermediate in **Italian** and **Spanish**
- **ECDL certificate** for Microsoft Office;
- Currently training in **cognitive-behavioral therapy (CBT) at Romanian Associations for Behavioral and Cognitive Therapy**; past training in **acceptance and commitment therapy (ACT)**.
- **Didactic certification I**
- **2022, San Francisco, U.S – Part of a Meeting with European Commissioner Alexandra Geese, to discuss the Online Platform Regulations.**

- **2023, Brussels, Belgium** - Part of a Youth Dialogue held by the European Commission, Department of Health and Food Safety, for a comprehensive mental health approach.
- **Part of the Romanian UNICEF Youth Mental Health Working Group**
- **TedTalk speaker**
- Deep knowledge of gender data use, policy advocacy, and intersectional frameworks in both high-income and low-/middle-income countries.
- Strong global networks in youth mental health and gender equality (e.g., Orygen, Being, WHO, WAVE).
- Proven ability to translate complex research into actionable insights for diverse audiences including policymakers, NGOs, and international bodies.
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SKILLS

- People skills, cognitive-behavioral therapy, grant development, working in multicultural settings, working with youth population; highly collaborative, networking, adaptability, creativity, empathy, work ethic, self-motivation, leadership, project management, fundraising skills, and organizational skills.

