

LISTA DE LUCRĂRI ȘTIINȚIFICE

SAVA NICU IONEL **Doctor în psihologie** din 2013

Psiholog principal în specializarea psihoterapie, formator și supervizor în psihoterapie sistemică de cuplu și familie

1^o TEZA DE DOCTORAT:

T1. Studiu asupra relației personalitate – mecanisme de coping la cuplurile conflictuale - analiză comparativă pe criteriul etnic și religios, Universitatea din București, Facultatea de Psihologie și Științele Educației, îndrumător științific prof.univ.dr. Iolanda Mitrofan, **domeniul psihologie, OMEC 3250 MD/20.02.2013**

2^o Articole publicate în reviste ISI cu factor de impact (A), cărți și capitole publicate în volume colective, capitole teoretice redactate, (B).

A1. Adrian Trică, Golu Florinda, **Nicu Ionel Sava**, Monica Licu, Șerban A. Zamfirescu, Raluca Adam, Ioana David, *Resilience and successful aging: A systematic review and meta-analysis*, Acta Psychologica, Jun 2024, **DOI: 10.1016/j.actpsy.2024.104357**.

A1. Golu Florinda, Adriana Cotel, **Nicu Ionel Sava**, Bogdan Oprea, Sergiu Condrea, *The Link between Job Demands, Burnout, and the Self-Undermining of Healthcare Employees during the COVID-19 Pandemic: An Underestimated Threat?*, Jul 2022, Healthcare, **DOI: 10.3390/healthcare10081408**.

A1. Nicu Ionel Sava, *The State of Well-Being and the Information Technology (IT) – Digital Well-Being*, în *Digital Wellbeing – Implications for Psychological Research*, coordonatori volum: Dana Rad, Valentina E. Balaș, Vasile Marineanu, Roxana Maier, Editura Peter Lang GmbH, Berlin, 2021, **ISBN 978-3-631-85278-1, DOI 10.3726/b18489**.

A2. Nicu Ionel Sava, *Perspective contemporane asupra relației de cuplu*, Editura Pro Universitaria, București, 2022, **ISBN 978-606-26-1566-6**.

B1. Nicu Ionel Sava, L. Frățiman, *Anomia rolurilor în familia contemporană*, în *Funcții și disfuncții ale familiei contemporane. O abordare socio-psiho-medicală*, coordonatori: Cornelia Rada, Cristina Faludi, Editura Universitară, București, 2015, **ISBN 978-606-28-0186-1**.

B2. M.I. Popescu, **Nicu Ionel Sava**, *Metamorfoze ale funcțiilor familiei în Provocări ale familiei contemporane. Perspective psiho-socio-medice*, coordonatori: Cornelia Rada, Corina Bistriceanu Pantelimon, Editura Universitară, București, 2015, **ISBN 978-606-28-0206-6**.

B3. Nicu Ionel Sava, *Etape și bariere în orientarea educațională și profesională*, în *Dimensiuni ale consilierii educaționale*, coordonator volum Roxana Maier, Editura Presa Universitară Clujeană, Cluj-Napoca, 2019, **ISBN 978-606-37-0703-2**.

B4. Nicu Ionel Sava, *Implicațiile nediferențierii sinelui în funcționarea familiilor*, în *Abordări ale familiei în impas existențial*, coordonator volum Roxana Maier, Editura Presa Universitară Clujeană, Cluj-Napoca, 2020, **ISBN 978-606-37-0804-6**.

B5. Roxana Maier, Florinda Golu, Nicu Ionel Sava, *Semnătura emoțională*, în *Spații intervenționale în pandemie*, coordonator volum Roxana Maier, Editura Presa Universitară Clujeană, Cluj-Napoca, 2021, **ISBN 978-606-37-1271-5**.

B6. Nicu Ionel Sava, *Avantajele tehnologiilor SMART în psihoterapie*, în Volum: *Sustenabilitate în psihologie. Elemente de noutate în domeniu*, coordonator volum Roxana Maier, Editura Presa Universitară Clujeană, Cluj-Napoca, 2025, **ISBN 978-606-28-2001-5**.

B7. Nicu Ionel Sava, *Educație sustenabilă și dezvoltare psihologică: o viziune relațională*, în Volum: *Sustenabilitate în educație. Abordări recente*, coordonator volum Roxana Maier, Editura Presa Universitară Clujeană, Cluj-Napoca, 2025.

C1. Valentina M. Pomozan, Nicu I. Sava, Lucian C. Petcu, (2009): *A Teacher's Guide for Science and Technology Educators in Secondary and Higher Education*, Research supported the European Commission, Sixth Framework Programme, Science and Society – UPDATE, Ovidius University Press, Constanța, România – **ISBN 978-973-614-526-1**.

C2. Nicu Ionel Sava (coord.), (2025): *Conținut orientativ pentru examenul de licență psihologie iulie/septembrie 2025*, Editura Zigotto, Galați.

3^o Articole/studii publicate în reviste de specialitate recunoscute indexate în mai mult de două baze de date internaționale sau în reviste cotate ISI (R1, R2 etc.), articole/studii prezentate și publicate în volumele cu ISBN a unor manifestări științifice internaționale indexate în cel puțin o bază de date (Vi1, Vi2 etc.), lucrări prezentate la diferite conferințe internaționale în străinătate sau în țară (E1, E2 etc.),

R1. Antemir Cristina-Laura, Papari Adrian, **Nicu-Ionel Sava**, Multifactorial Causes of Suicide, Volume: 4, Issue: 1, December 2017, Publisher: EDIS - Publishing Institution of the University of Zilina, Powered by: RCDST (Research Center on the Dialogue between Science & Theology), Ovidius University of Constanta. Romania, ISSN: 2393-1744, CD ROM ISSN: 2392-9928, ISBN: 9978-80-554-1408-9. DOI: 10.18638/dialogo.2017.4.1

R2. **Nicu-Ionel Sava**, Adrian-Cristian Papari, Cristina-Laura Antemir, *Study on the influence pf physical attraction on human relationships*, 15th ISQOLS (Internationala Society for Quality-of-Life Studies) Annual Conference, Innsbruck, Austria, 2017.

R3. Antemir Cristina-Laura, **Sava Nicu-Ionel**, *School performance in children with motor disabilities treated in Techirghiol Sanatorium*, the 12th Edition of the International Conference European Integration Realities and Perspectives, may 2017.

R4. Cristina-Laura Antemir, **Nicu-Ionel Sava**, *Comparative Analysis of the Level of Self-Knowledge of Interests Between Preuniversity and University Levels*, ISSN 2348-0416, USA CODEN: JASRHB, Scientia Research Library ISSN 2348-0416, USA CODEN: JASRHB, Journal of Applied Science And Research, 2016, 4 (1):24-29, (<http://www.scientiaresearchlibrary.com/arhcive.php>).

R5. **Nicu-Ionel Sava**, Cristina-Laura, *Comparative Study On Self-Esteem At Children With Scoliosis And Those Not Diagnosed With This Disability*, ISSN 2320-5407, International Journal of

Advanced Research (July, 2016), (<http://www.journalijar.com/current-issue/>). [Sava Nicu-Ionel and Antemir Cristina-Laura. (2016); COMPARATIVE STUDY ON SELF-ESTEEM AT CHILDREN WITH SCOLIOSIS AND THOSE NOT DIAGNOSED WITH THIS DISABILITY. Int. J. of Adv. Res. 4 (7). 1208-1210] (ISSN 2320-5407). www.journalijar.com - See more at: <http://www.journalijar.com/article/10913/comparative-study-on-self-esteem-at-children-with-scoliosis-and-those-not-diagnosed-with-this-disability/#sthash.0J3NNRAv.dpuf>

R6. Cristina-Laura Antemir, **Nicu-Ionel Sava**, *Educational Issues of People with Disabilities*, International Journal of Innovation and Research in Educational Sciences, Volume 2, Issue 6, ISSN (Online): 485–488, 2015.

R7. Nicu I. Sava, Monica I. Popescu, *Mechanism and Strategies Involved in Marital Satisfaction Depending on Religion*, Journal of Experiential Psychotherapy, ISSN 1453 – 634x, e-ISSN 2359 – 7607, 2014, Vol.17, no.2(66).

R8. Monica I. Popescu, **Nicu I. Sava**, *Assesment of Anxiety and Depression in Patients with Hyperphagic Behaviour*, Revista Anthropological researches and studies, Academeia Oamenilor de Știință, ISSN 2360 – 3445– No 3 EN, 2014.

R9. **Nicu I. Sava**, Livica Frățiman, *Studiu comparativ pe criteriile mediu de rezidență și apartenența la genul biologic asupra clarității rolurilor familiale*, Revista Studii și cercetări de antropologiei, ISSN 2344 – 2824, ISSN–L 0039 – 3886, Nr. 4, 2014.

R10. Monica I. Popescu, **Nicu I. Sava**, *Funcțiile familiei în contextul transformărilor actuale*, Revista Studii și cercetări de antropologie, ISSN 2344 – 2824, ISSN–L 0039 – 3886, Nr. 4, 2014.

R11. Maria Magdalena Dumitru, Aurel Papari, Adrian Cristian Papari, **Nicu Ionel Sava**, “The role of depression in suicidal ideation of dementia patients”, The Journal of the Alzheimer’s Association, Vol 11, Issue 7, Supplement, Page P394–P395, July 2015 [http://www.alzheimersanddementia.com/article/S1552-5260\(15\)00572-5/fulltext](http://www.alzheimersanddementia.com/article/S1552-5260(15)00572-5/fulltext)

R12. M.M. Dumitru, A.C. Papari, **N.I. Sava**, A. Papari, „Lithium Levels in Drinking Water and Risk of Suicide”, European Psychiatry, Volume 30, Supplement 1, 28–31 March 2015, Page 205

R13. M.M. Dumitru, A.C. Papari, **N.I. Sava**, A. Papari, Socio-demographic characteristics of suicides in Romania, European Psychiatry, Volume 30, Supplement 1, 28–31 March 2015, Page 394

VI1. Cristina Antemir, **Nicu I. Sava**, *School Performance On Students With Motor Disabilities*, Archive online under Open Access policy. Global Virtual Conference - GV Online Archive, 2015, Volume 3, Issue 1.

VI2. Monica I. Popescu, Aurelia Moraru, **Nicu I. Sava**, *Familial barriers in the development of creativity in preschoolers*, Procedia - Social and Behavioral Sciences 187 (2015) 601 – 606.

V13. Camelia C., Vasilescu, Aurelia. Moraru, **Nicu I. Sava**, *The relationship between career interests and academic major: a comparative analysis*, Procedia - Social and Behavioral Sciences 187 (2015) 559 – 564.

VI4. **Nicu I. Sava**, Adrian C. Papari, *Comparative study on the phenomenon of suicide based on gender and season*, Procedia - Social and Behavioral Sciences 187 (2015) 532 – 535.

E1. **Nicu Ionel Sava**, *Perspectivă sistemică asupra bullyingului*, (Keynote speaker), Conferința Internațională 50 Shades of Bullying. Abordarea terapeutică a fenomenului de bullying, Facultatea de Psihologie și Științele Educației, Universitatea din București, București, 17-19 mai, 2019;

E2. **Nicu I. Sava**, *Descărcările pulsionale la sinucigași* - Conferința Națională "Suicidul – problemă majoră de sănătate publică, Ediția a II-a", Universitatea "Andrei Șaguna", Constanța, 21-22, Aprilie, 2016.

E.2. **Nicu I. Sava**, *Suicidul: mecanism psihologic de apărare* – Conferința Națională "Suicidul – problemă majoră de sănătate publică", Universitatea "Andrei Șaguna", Constanța, 24-25 Aprilie, 2015.

E.2. Cristina Antemir, **Nicu I. Sava**, *School Performance On Students With Motor Disabilities*, in the 3rd International Virtual Conference GV 2015 held at www.gv-conference.com during 6 - 10 April 2015.

E.3. **Nicu I. Sava**, Livica Frățiman, *Studiu comparativ pe criteriile mediu de rezidență și apartenența la genul biologic asupra clarității rolurilor familiale*, Conferința Națională: „Funcții și difuncții ale familiei contemporane”,- Institutul de Antropologie „Francisc I. Rainer”, Academia Română, Universitatea Spiru Haret, Facultatea de Sociologie-Psihologie, Institutul de Sociologie al Academiei Române, Universitatea de Medicină și Farmacie „Carol Davila”, 10-11 Decembrie 2014.

E4. Monica I. Popescu, **Nicu I. Sava**, *Funcțiile familiei în contextul transformărilor actuale*, Conferința Națională: „Funcții și difuncții ale familiei contemporane”,- Institutul de Antropologie „Francisc I. Rainer”, Academia Română, Universitatea Spiru Haret, Facultatea de Sociologie-Psihologie, Institutul de Sociologie al Academiei Române, Universitatea de Medicină și Farmacie „Carol Davila”, 10-11 Decembrie, 2014.

E5. **Nicu I. Sava**, Magdalena M. Dumitru, Aurel. Papari, *The Relationship Between Optimism And Addictive Behaviour In Gambling Games* - DGPPN - Deutsche Gesellschaft für Psychiatrie Organizer: und Psychotherapie, Psychosomatik und Nervenheilkunde e.V. Reinhardtstraße 27 B, 10117 Berlin, 26. - 29. November, 2014;

E6. Magdalena, M. Dumitru, **Nicu I. Sava**, *Side-Effects Of Benzodiazepines In Psychiatric Outpatients* - Deutsche Gesellschaft für Psychiatrie Organizer: und Psychotherapie, Psychosomatik und Nervenheilkunde e.V. Reinhardtstraße 27 B, 10117 Berlin, 26. - 29. November, 2014.

E7. Monica I. Popescu, Aurelia Moraru, **Nicu I. Sava**, *Familial barriers in the development of creativity in preschoolers*, International Conference Psiworld 2014 - 5th edition, București, 24-26 Octombrie, 2014.

E8. Camelia C. Vasilescu, Aurelia Moraru, **Nicu I. Sava**, *The relationship between career interests and academic major: a comparative analysis*, International Conference Psiworld 2014 - 5th edition, București, 24-26 Octombrie, 2014.

E9. **Nicu I. Sava**, Adrian C. Papari, *Comparative study on the phenomenon of suicide based on gender and season*, Procedia - International Conference Psiworld 2014 - 5th edition, București, 24-26 Octombrie, 2014.

E10. Monica I. Popescu, **Nicu I. Sava**, *Assesment of Anxiety and Depression in Patients with Hyperphagic Behaviour*, National Conference with International Participation "Individual, Family, Society - Contemporary Challenges", București, 27-28 Mai 2014.

E11. **Nicu I. Sava**, Monica I. Popescu, *Mechanism and Strategies Involved in Marital Satisfaction Depending on Religion*, Conferința Internațională de Psihoterapie Experiențială și Dezvoltare Personală Unificatoare "Dinamicile schimbării personale, interpersonale, familiale și colective – între realitate și mistificare", București, 29-30 Martie 2014.

E12. M.I. Popescu, **N.I. Sava**, *Assesment of Anxiety and Depression in Patients with Hyperphagic Behaviour*, National Conference with International Participation “Individual, Family, Society - Contemporary Challenges”, Academia Oamenilor de Știință, București, 27 Mai 2014;

E13. Aurel Papari, **Nicu I. Sava**, Monica I. Popescu, *Explorative Study on the Perception of Acquisitions (Specific Informal Content) and of the Acquisitions Types for the Adjustment of the Modern Library's Services*, Shanghai International Library Forum, Shanghai, China, The 7th Edition, 9-11 Iulie 2014.

E14. **Nicu I. Sava**, Georgeta C. Cozaru, Adrian, C. Papari, Aurel Papari, *Mechanism of Adaptation to Adjust to the Situations of Live*, 21th European Congress of Psychiatry – EPA, Nice, France, 6-9 April 2013.

E15. **Nicu I. Sava**, *Mechanism of Adaptation as Component Elements of the Map to Adjust to the Situations of Life*, , Annual Scientific Meetinh of the European Association for Consultation – Liaison Psychiatry and Psychosomatics (EACLPP), Aarhus – Danemarca, 2012.

E16. -Georgeta C. Cozaru, Adrian C. Papari, **Nicu I. Sava**, Aurel Papari, *Assessment Of Anxiety And Depression In Patients With Chron Disease*, 20th European Congress of Psychiatry – EPA, Prague, Czech Republic, 3-6 March 2012.

E17. **Nicu I. Sava**, Adrian C. Papari, Georgeta C. Cozaru, Aurel Papari, *Holistic Approach To Conflict In Married Couple*, 20th European Congress of Psychiatry – EPA, Prague, Czech Republic, 3-6 March 2012.

E18. Aurel Papari, Georgeta C. Cozaru, **Nicu I. Sava**, Adrian C. Papari, *The Role Of Cultural Differences On Married Couple Stability*, 20th European Congress of Psychiatry – EPA, Prague, Czech Republic, 3-6 March 2012.

Lucrări prezentate la manifestări științifice naționale începând cu anul 2017:

1. Sava Nicu Ionel, *Proiecția și înstrăinarea de sine*, Sesiunea de comunicări științifice a studenților și cadrelor didactice, ediția a XXV-a, Universitatea Andrei Șaguna – Constanța, 11-12 mai, 2017;
2. Sava Nicu Ionel, *Identificarea ”butoanelor” active și dezactivarea lor – pași în dezvoltarea personală*, Sesiunea de comunicări științifice a studenților și cadrelor didactice, ediția a XXVI-a, Universitatea Andrei Șaguna – Constanța, 10-11 mai, 2018.

Workshop-uri susținute în conferințe internaționale și naționale începând cu anul 2017:

1. ***”Intervenție psihoterapeutică sistemică în problematicile cuplului și familiei”***, A XVI-a Conferință Internațională a Asociației Psihologilor din România, *”Psihologia românească în context european: tradiții și perspective”*, Chișinău, Republica Moldova, 2025;
2. ***”Scoaterea măștii și integrarea umbrei – componente fundamentale ale procesului psihoterapeutic sistemic”***, A XIII-a Conferință Națională a Asociației Psihologilor din România, *”Unitate în diversitate”*, Cluj-Napoca, 2019;
3. ***”Perspectivă sistemică asupra bullying-ului”***, Conferința Internațională *50 Shades of Bullying. Abordarea terapeutică a fenomenului de bullying*, Facultatea de Psihologie și Științele Educației, Universitatea din București, București, 17-19 mai, 2019;

4. ***"Scoaterea măștii și integrarea umbrei – componente ale procesului terapeutic"***, Conferința Națională *"Psihologia în context multicultural"*, Filiala Constanța a CPR, Universitatea Andrei Șaguna - Constanța, Universitatea Ovidius - Constanța, Constanța, 14 aprilie, 2018;
5. ***"Familii monoparentale, uniuni consensuale, sisteme și subsisteme familiale, granițe, ambiguitate"***, Conferința Națională *"De la cunoaștere la intervenție în psihologie"*, Asociația ARCIP – Constanța, Universitatea Andrei Șaguna - Constanța, Universitatea Ovidius – Constanța, Venus, 13-17 septembrie, 2017;

Membru în Comitetul Științific/Organizator al evenimentelor științifice:

1. Sesiunea de comunicări științifice a studenților și cadrelor didactice, ediția a XXV-a, Universitatea Andrei Șaguna – Constanța, 11-12 mai, 2017;
2. Conferința Națională *"De la cunoaștere la intervenție în psihologie"*, Asociația ARCIP – Constanța, Universitatea Andrei Șaguna - Constanța, Universitatea Ovidius – Constanța, Venus, 13-17 septembrie, 2017;
3. Conferința Națională *"Psihologia în context multicultural"*, Filiala Constanța a CPR, Universitatea Andrei Șaguna - Constanța, Universitatea Ovidius - Constanța, Constanța, 14 aprilie, 2018;
4. Sesiunea de comunicări științifice a studenților și cadrelor didactice, ediția a XXVI-a, Universitatea Andrei Șaguna – Constanța, 10-11 mai, 2018;
5. Sesiunea de comunicări științifice a studenților și cadrelor didactice, ediția a XXVII-a, Universitatea Andrei Șaguna – Constanța, 9-10 mai, 2019;
6. A XIII-a Conferință Națională a Asociației Psihologilor din România, *"Unitate în diversitate"*, Cluj-Napoca, 2019 – membru în Comitetul Științific.
7. A XVI-a Conferință Națională a Asociației Psihologilor din România, *"Psihologia românească în context european: tradiții și perspective"*, Chisinău, 2025 – membru în Comitetul Științific

Proiecte de cercetare-dezvoltare (P1, P2 etc.) pe bază de contract/grant, precum și alte lucrări de cercetare-dezvoltare (F1, F2 etc.), după caz, prin care se aduc contribuții la dezvoltarea mediului educațional/cultural/economic/social etc. în raport cu natura criteriului de evaluare TC4

P1. UPDATE (Understanding & Providing a Developmental Approach to Technology Education) is funded by the European Community's Sixth Framework Programme, Research supported by the EUROPEAN COMMISSION, 2009-2010, Psiholog.

P2. POSDRU, Formarea continuă a profesorilor de Matematică și Științe Economice în societatea cunoașterii, instituția coordonatoare Universitatea Andrei Șaguna, 2011-2013, val 18.419.186 lei, Secretar de proiect.

P3. POSDRU, Rețeaua de practică economică CAREER.HUB, instituția coordonatoare Universitatea Andrei Șaguna, 2014 – 2015, **Contract:** /161/2.1/G/139064. Expert în consiliere.

P4. POSDRU, Servicii integrate de informare, consiliere și formare profesională a persoanelor fără loc de muncă, în meserii din domeniile turismului, alimentației publice și artizanatului, 2014 –2015, **Contract:** 125/5.1/S/133980, Consilier vovațional.

P5. POSDRU, Competențe și Servicii pentru Europa 2020 PES.EU2020, 2015, Contract: 124/4.2/S/132177, Formator.

P6. POCU/90/6.13/6.14/109234, ”Rețea pentru dezvoltarea carierei în domeniul economic”, Specialist consiliere și orientare în carieră, Contract nr. 643/12.07.2018;

P7. POCU/90/6.13/6.14/108971, ”Dezvoltare personală și stagii de practică pentru viitori psihologi”, Expert selecție și menținere grup țintă, Contract nr. 636/11.07.2018.

Membru în asociații profesionale de profil:

Asociația Psihologilor din România (APR) – Membru – Comisia de Audit (2021-2025);

Colegiul Psihologilor din România (CPR) – Vicepreședinte - Comisia de Metodologie (2017-2022);

Asociația Psihologilor Consilieri și Psihoterapeuți de Cuplu și Familie – Tomis - Constanța (APCPCF) – Președinte.

APCPCF Tomis Constanța este furnizor de formare profesională acreditată de CPR din 2019 și are avizat program de formare de lungă durată în psihoterapie și acreditate multiple workshop-uri și cursuri cu credite profesionale coordonate de Psih.pr.dr. Nicu Ionel SAVA

Data: 01.06.2025

Semnătura,

Nicu Ionel SAVA



LIST OF SCIENTIFIC PUBLICATIONS

SAVA NICU IONEL, PhD in Psychology since 2013

Senior psychologist specialized in psychotherapy, trainer and supervisor in systemic couple and family psychotherapy

10. DOCTORAL THESIS:

T1. *A study on the relationship between personality and coping mechanisms in conflicting couples – comparative analysis based on ethnic and religious criteria*, University of Bucharest, Faculty of Psychology and Educational Sciences, scientific advisor: Prof. Dr. Iolanda Mitrofan, field: psychology, OMEC 3250 MD/20.02.2013

Articles Published in ISI Journals with Impact Factor (A), Books and Chapters in Collective Volumes, Theoretical Chapters Authored (B)

A1. Adrian Trică, Florinda Golu, Nicu Ionel Sava, Monica Licu, Șerban A. Zamfirescu, Raluca Adam, Ioana David, *Resilience and successful aging: A systematic review and meta-analysis*, Acta Psychologica, Jun 2024, DOI: 10.1016/j.actpsy.2024.104357

A2. Florinda Golu, Adriana Cotel, Nicu Ionel Sava, Bogdan Oprea, Sergiu Condrea, *The Link between Job Demands, Burnout, and the Self-Undermining of Healthcare Employees during the COVID-19 Pandemic: An Underestimated Threat?*, Healthcare, Jul 2022, DOI: 10.3390/healthcare10081408

A3. Nicu Ionel Sava, *The State of Well-Being and Information Technology (IT) – Digital Well-Being*, in *Digital Wellbeing – Implications for Psychological Research*, edited by Dana Rad, Valentina E. Balaș, Vasile Marineanu, Roxana Maier, Peter Lang GmbH Publishing, Berlin, 2021, ISBN 978-3-631-85278-1, DOI 10.3726/b18489

A4. Nicu Ionel Sava, *Contemporary Perspectives on Couple Relationships*, Pro Universitaria Publishing, Bucharest, 2022, ISBN 978-606-26-1566-6

B1. Nicu Ionel Sava, L. Frățiman, *Role anomie in contemporary families*, in *Functions and Dysfunctions of Contemporary Families. A Socio-Psycho-Medical Approach*, edited by Cornelia Rada, Cristina Faludi, Universitară Publishing House, Bucharest, 2015, ISBN 978-606-28-0186-1

B2. M.I. Popescu, Nicu Ionel Sava, *Metamorphoses of Family Functions*, in *Challenges of the Contemporary Family. Psycho-Socio-Medical Perspectives*, Universitară Publishing House, Bucharest, 2015, ISBN 978-606-28-0206-6

B3. Nicu Ionel Sava, *Stages and Barriers in Educational and Career Guidance*, in *Dimensions of Educational Counseling*, edited by Roxana Maier, Cluj University Press, Cluj-Napoca, 2019, ISBN 978-606-37-0703-2

B4. Nicu Ionel Sava, *The Implications of Self-Differentiation in Family Functioning*, in *Approaches to Families in Existential Crisis*, edited by Roxana Maier, Cluj University Press, Cluj-Napoca, 2020, ISBN 978-606-37-0804-6

B5. Roxana Maier, Florinda Golu, Nicu Ionel Sava, *The Emotional Signature*, in *Intervention Spaces During the Pandemic*, edited by Roxana Maier, Cluj University Press, Cluj-Napoca, 2021, ISBN 978-606-37-1271-5

B6. Nicu Ionel Sava, *Advantages of SMART Technologies in Psychotherapy*, in *Sustainability in Psychology. Novel Elements in the Field*, edited by Roxana Maier, Cluj University Press, Cluj-Napoca, 2025, ISBN 978-606-28-2001-5

B7. Nicu Ionel Sava, *Sustainable Education and Psychological Development: A Relational Vision*, in *Sustainability in Education. Recent Approaches*, edited by Roxana Maier, Cluj University Press, Cluj-Napoca, 2025

C1. Valentina M. Pomozan, Nicu I. Sava, Lucian C. Petcu, *A Teacher's Guide for Science and Technology Educators in Secondary and Higher Education*, research funded by the European Commission, Sixth Framework Programme, Science and Society – UPDATE, Ovidius University Press, Constanța, Romania, ISBN 978-973-614-526-1, 2009

C2. Nicu Ionel Sava (editor), *Guidelines for the Psychology Bachelor's Exam – July/September 2025*, Zigotto Publishing, Galați, 2025

Articles and Studies

Articles/studies published in recognized peer-reviewed journals indexed in more than two international databases or in ISI-rated journals (R1, R2, etc.); articles/studies presented and published in ISBN volumes of international scientific events indexed in at least one database (Vi1, Vi2, etc.); papers presented at various international conferences abroad or in Romania (E1, E2, etc.)

R1. Cristina-Laura Antemir, Adrian Papari, Nicu-Ionel Sava, *Multifactorial Causes of Suicide*, Volume 4, Issue 1, December 2017, Publisher: EDIS – Publishing Institution of the University of Zilina, Powered by: RCDST (Research Center on the Dialogue between Science & Theology), Ovidius University of Constanta, Romania.

ISSN: 2393-1744, **CD-ROM ISSN:** 2392-9928, **ISBN:** 9978-80-554-1408-9.

DOI: 10.18638/dialogo.2017.4.1

R2. Nicu-Ionel Sava, Adrian-Cristian Papari, Cristina-Laura Antemir, *Study on the Influence of Physical Attraction on Human Relationships*, 15th ISQOLS (International Society for Quality-of-Life Studies) Annual Conference, Innsbruck, Austria, 2017.

R3. Cristina-Laura Antemir, Nicu-Ionel Sava, *School Performance in Children with Motor Disabilities Treated at Techirghiol Sanatorium*, 12th Edition of the International Conference *European Integration Realities and Perspectives*, May 2017.

R4. Cristina-Laura Antemir, Nicu-Ionel Sava, *Comparative Analysis of the Level of Self-Knowledge of Interests Between Pre-University and University Levels*, Journal of Applied Science and Research, Scientia Research Library, USA, 2016, 4(1): 24–29.

ISSN: 2348-0416, **CODEN (USA):** JASRHB

R5. Nicu-Ionel Sava, Cristina-Laura Antemir, *Comparative Study on Self-Esteem in Children with Scoliosis and Those Not Diagnosed with This Disability*, International Journal of Advanced Research, July 2016, 4(7): 1208–1210. **ISSN:** 2320-5407

R6. Cristina-Laura Antemir, Nicu-Ionel Sava, *Educational Issues of People with Disabilities*, International Journal of Innovation and Research in Educational Sciences, Volume 2, Issue 6, pp. 485–488, 2015.

R7. Nicu I. Sava, Monica I. Popescu, *Mechanisms and Strategies Involved in Marital Satisfaction Depending on Religion*, Journal of Experiential Psychotherapy, Vol. 17, No. 2(66), 2014.

ISSN: 1453–634x, **e-ISSN:** 2359–7607

R8. Monica I. Popescu, Nicu I. Sava, *Assessment of Anxiety and Depression in Patients with Hyperphagic Behavior*, *Anthropological Researches and Studies*, Academy of Scientists, No. 3 EN, 2014.

ISSN: 2360–3445

R9. Nicu I. Sava, Livica Frățiman, *Comparative Study Based on Residential Environment and Biological Gender Affiliation on Clarity of Family Roles*, *Studies and Research in Anthropology*, No. 4, 2014.

ISSN: 2344–2824, **ISSN–L:** 0039–3886

R10. Monica I. Popescu, Nicu I. Sava, *Family Functions in the Context of Current Transformations*, *Studies and Research in Anthropology*, No. 4, 2014.

ISSN: 2344–2824, **ISSN–L:** 0039–3886

R11. Maria Magdalena Dumitru, Aurel Papari, Adrian Cristian Papari, Nicu Ionel Sava, *The Role of Depression in Suicidal Ideation of Dementia Patients*, *The Journal of the Alzheimer's Association*, Vol. 11, Issue 7, Supplement, July 2015, Pages P394–P395.

R12. M.M. Dumitru, A.C. Papari, N.I. Sava, A. Papari, *Lithium Levels in Drinking Water and Risk of Suicide*, *European Psychiatry*, Volume 30, Supplement 1, 28–31 March 2015, Page 205.

R13. M.M. Dumitru, A.C. Papari, N.I. Sava, A. Papari, *Socio-Demographic Characteristics of Suicides in Romania*, *European Psychiatry*, Volume 30, Supplement 1, 28–31 March 2015, Page 394.

Articles/Studies Published in International Scientific Volumes Indexed in at Least One Database

Vi1. Cristina Antemir, Nicu I. Sava, *School Performance on Students with Motor Disabilities*, archived online under Open Access policy. Global Virtual Conference – GV Online Archive, 2015, Volume 3, Issue 1.

Vi2. Monica I. Popescu, Aurelia Moraru, Nicu I. Sava, *Familial Barriers in the Development of Creativity in Preschoolers*, *Procedia – Social and Behavioral Sciences*, 187 (2015) 601–606.

Vi3. Camelia C. Vasilescu, Aurelia Moraru, Nicu I. Sava, *The Relationship Between Career Interests and Academic Major: A Comparative Analysis*, *Procedia – Social and Behavioral Sciences*, 187 (2015) 559–564.

Vi4. Nicu I. Sava, Adrian C. Papari, *Comparative Study on the Phenomenon of Suicide Based on Gender and Season*, *Procedia – Social and Behavioral Sciences*, 187 (2015) 532–535.

E – Scientific Events / Conferences

E1. Nicu Ionel Sava, *A Systemic Perspective on Bullying* (Keynote speaker), International Conference “50 Shades of Bullying – Therapeutic Approaches to the Bullying Phenomenon”, Faculty of Psychology and Educational Sciences, University of Bucharest, Bucharest, May 17–19, 2019.

E2. Nicu I. Sava, *Impulse Discharges in Suicidal Individuals*, National Conference “Suicide – A Major Public Health Issue”, 2nd Edition, “Andrei Șaguna” University, Constanța, April 21–22, 2016.

E2 (duplicate). Nicu I. Sava, *Suicide: A Psychological Defense Mechanism*, National Conference “Suicide – A Major Public Health Issue”, “Andrei Șaguna” University, Constanța, April 24–25, 2015.

E2 (duplicate). Cristina Antemir, Nicu I. Sava, *School Performance on Students with Motor Disabilities*, 3rd International Virtual Conference GV 2015, held at www.gv-conference.com, April 6–10, 2015.

E3. Nicu I. Sava, Livica Frățiman, *Comparative Study on Family Role Clarity Based on Residential Environment and Biological Gender*, National Conference: “Functions and Dysfunctions of the Contemporary Family”, Francis I. Rainer Institute of Anthropology, Romanian Academy, Spiru Haret University – Faculty of Sociology and Psychology, Institute of Sociology of the Romanian Academy, Carol Davila University of Medicine and Pharmacy, December 10–11, 2014.

E4. Monica I. Popescu, Nicu I. Sava, *Family Functions in the Context of Current Transformations*, same conference as above, December 10–11, 2014.

E5. Nicu I. Sava, Magdalena M. Dumitru, Aurel Papari, *The Relationship Between Optimism and Addictive Behavior in Gambling Games*, DGPPN – German Association for Psychiatry, Psychotherapy and Psychosomatics, Reinhardtstraße 27 B, 10117 Berlin, November 26–29, 2014.

E6. Magdalena M. Dumitru, Nicu I. Sava, *Side Effects of Benzodiazepines in Psychiatric Outpatients*, DGPPN, Berlin, November 26–29, 2014.

E7. Monica I. Popescu, Aurelia Moraru, Nicu I. Sava, *Familial Barriers in the Development of Creativity in Preschoolers*, International Conference Psiworld 2014 – 5th Edition, Bucharest, October 24–26, 2014.

E8. Camelia C. Vasilescu, Aurelia Moraru, Nicu I. Sava, *The Relationship Between Career Interests and Academic Major: A Comparative Analysis*, Psiworld 2014 – 5th Edition, Bucharest, October 24–26, 2014.

E9. Nicu I. Sava, Adrian C. Papari, *Comparative Study on the Phenomenon of Suicide Based on Gender and Season*, Procedia – Psiworld 2014 – 5th Edition, Bucharest, October 24–26, 2014.

E10. Monica I. Popescu, Nicu I. Sava, *Assessment of Anxiety and Depression in Patients with Hyperphagic Behavior*, National Conference with International Participation: “Individual, Family, Society – Contemporary Challenges”, Bucharest, May 27–28, 2014.

E11. Nicu I. Sava, Monica I. Popescu, *Mechanisms and Strategies Involved in Marital Satisfaction Depending on Religion*, International Conference of Experiential Psychotherapy and Unifying Personal Development: “Dynamics of Personal, Interpersonal, Family and Collective Change – Between Reality and Mystification”, Bucharest, March 29–30, 2014.

E12. M.I. Popescu, N.I. Sava, *Assessment of Anxiety and Depression in Patients with Hyperphagic Behavior*, National Conference with International Participation: “Individual, Family, Society – Contemporary Challenges”, Romanian Academy of Scientists, Bucharest, May 27, 2014.

E13. Aurel Papari, Nicu I. Sava, Monica I. Popescu, *Explorative Study on the Perception of Acquisitions (Specific Informal Content) and Types of Acquisitions for the Adjustment of Modern Library Services*, Shanghai International Library Forum, Shanghai, China, 7th Edition, July 9–11, 2014.

E14. Nicu I. Sava, Georgeta C. Cozaru, Adrian C. Papari, Aurel Papari, *Mechanisms of Adaptation to Life Situations*, 21st European Congress of Psychiatry – EPA, Nice, France, April 6–9, 2013.

E15. Nicu I. Sava, *Mechanisms of Adaptation as Component Elements of the Map to Adjust to Life Situations*, Annual Scientific Meeting of the European Association for Consultation-Liaison Psychiatry and Psychosomatics (EACLPP), Aarhus, Denmark, 2012.

E16. Georgeta C. Cozaru, Adrian C. Papari, Nicu I. Sava, Aurel Papari, *Assessment of Anxiety and Depression in Patients with Chronic Disease*, 20th European Congress of Psychiatry – EPA, Prague, Czech Republic, March 3–6, 2012.

E17. Nicu I. Sava, Adrian C. Papari, Georgeta C. Cozaru, Aurel Papari, *Holistic Approach to Conflict in Married Couples*, 20th European Congress of Psychiatry – EPA, Prague, Czech Republic, March 3–6, 2012.

E18. Aurel Papari, Georgeta C. Cozaru, Nicu I. Sava, Adrian C. Papari, *The Role of Cultural Differences on the Stability of Married Couples*, 20th European Congress of Psychiatry – EPA, Prague, Czech Republic, March 3–6, 2012.

Papers Presented at National Scientific Events (since 2017)

1. **Sava Nicu Ionel**, *Projection and Self-Alienation*, 25th Edition of the Scientific Communications Session for Students and Faculty, "Andrei Șaguna" University – Constanța, May 11–12, 2017.
2. **Sava Nicu Ionel**, *Identifying and Deactivating “Hot Buttons” – Steps in Personal Development*, 26th Edition of the Scientific Communications Session for Students and Faculty, "Andrei Șaguna" University – Constanța, May 10–11, 2018.

Workshops Held at International and National Conferences (since 2017)

1. *Systemic Psychotherapeutic Intervention in Couple and Family Issues*, 16th International Conference of the Romanian Association of Psychologists, “Romanian Psychology in the European Context: Traditions and Perspectives,” Chișinău, Republic of Moldova, 2025.
2. *Removing the Mask and Integrating the Shadow – Fundamental Components of the Systemic Psychotherapeutic Process*, 13th National Conference of the Romanian Association of Psychologists, “Unity in Diversity,” Cluj-Napoca, 2019.
3. *Systemic Perspective on Bullying*, International Conference "50 Shades of Bullying – Therapeutic Approach to the Bullying Phenomenon", Faculty of Psychology and Educational Sciences, University of Bucharest, May 17–19, 2019.
4. *Removing the Mask and Integrating the Shadow – Elements of the Therapeutic Process*, National Conference “Psychology in a Multicultural Context”, Constanța Branch of the Romanian College of Psychologists (CPR), "Andrei Șaguna" University – Constanța, "Ovidius" University – Constanța, April 14, 2018.
5. *Single-Parent Families, Cohabitation, Family Systems and Subsystems, Boundaries, Ambiguity*, National Conference “From Knowledge to Intervention in Psychology”, ARCIP Association – Constanța, "Andrei Șaguna" University – Constanța, "Ovidius" University – Constanța, Venus, September 13–17, 2017.

Member of the Scientific/Organizing Committee of Scientific Events

1. 25th Edition of the Scientific Communications Session for Students and Faculty, "Andrei Șaguna" University – Constanța, May 11–12, 2017.
2. National Conference “From Knowledge to Intervention in Psychology”, ARCIP Association – Constanța, "Andrei Șaguna" University – Constanța, "Ovidius" University – Constanța, Venus, September 13–17, 2017.
3. National Conference “Psychology in a Multicultural Context”, Constanța Branch of CPR, "Andrei Șaguna" University – Constanța, "Ovidius" University – Constanța, April 14, 2018.
4. 26th Edition of the Scientific Communications Session for Students and Faculty, "Andrei Șaguna" University – Constanța, May 10–11, 2018.
5. 27th Edition of the Scientific Communications Session for Students and Faculty, "Andrei Șaguna" University – Constanța, May 9–10, 2019.
6. 13th National Conference of the Romanian Association of Psychologists, “Unity in Diversity”, Cluj-Napoca, 2019 – Member of the Scientific Committee.
7. 16th National Conference of the Romanian Association of Psychologists, “Romanian Psychology in the European Context: Traditions and Perspectives”, Chișinău, 2025 – Member of the Scientific Committee.

Research and Development Projects (P1, P2, etc.) Based on Contract/Grant, as well as other research and development activities (F1, F2, etc.), as applicable, contributing to the development of the educational, cultural, economic, and social environment, in accordance with the nature of the TC4 evaluation criterion.

P1. UPDATE (*Understanding & Providing a Developmental Approach to Technology Education*) – funded by the European Community’s Sixth Framework Programme, research supported by the EUROPEAN COMMISSION, 2009–2010.

Role: Psychologist.

P2. POSDRU – *Continuous training of teachers of Mathematics and Economic Sciences in the knowledge society*, Coordinating institution: “Andrei Șaguna” University, 2011–2013.

Value: 18,419,186 RON.

Role: Project Secretary.

P3. POSDRU – *Economic Practice Network CAREER.HUB*, Coordinating institution: “Andrei Șaguna” University, 2014–2015.

Contract: /161/2.1/G/139064.

Role: Career Counseling Expert.

P4. POSDRU – *Integrated services of information, counseling, and vocational training for unemployed individuals in the fields of tourism, public food services, and handicrafts*, 2014–2015.

Contract: 125/5.1/S/133980.

Role: Vocational Counselor.

P5. POSDRU – *Skills and Services for Europe 2020 (PES.EU2020)*, 2015.

Contract: 124/4.2/S/132177.

Role: Trainer.

P6. POCU/90/6.13/6.14/109234 – *Network for Career Development in the Economic Field*, 2018.

Contract: No. 643/12.07.2018.

Role: Specialist in Career Guidance and Counseling.

P7. POCU/90/6.13/6.14/108971 – *Personal Development and Internships for Future Psychologists*, 2018.

Contract: No. 636/11.07.2018.

Role: Expert in Target Group Selection and Retention.

Membership in Professional Associations

- **Romanian Association of Psychologists (APR)** – Member of the Audit Committee (2021–2025)
- **Romanian College of Psychologists (CPR)** – Vice President of the Methodology Committee (2017–2022)
- **Association of Psychologists, Counselors, and Couple and Family Psychotherapists – Tomis Constanța (APCPCF)** – President

APCPCF Tomis Constanța has been an accredited professional training provider by CPR since 2019 and is authorized to run long-term psychotherapy training programs, as well as multiple CPR-accredited workshops and professional credit-bearing courses coordinated by Dr. Psychologist **Nicu Ionel Sava**.

Date: 01.06.2025



Signature:

Nicu Ionel SAVA