

## CEZAR GIOSAN

[www.giosan.com](http://www.giosan.com)

### WORK

- University of Bucharest** | Department of Psychology and Cognitive Sciences | Romania  
- Associate Professor of Psychology 2022 - pres.  
- Senior Lecturer of Psychology 2014 - 2022
- Doctoral supervisor (Dr. habil).
  - Teach Undergrad/Master/PhD level psychology courses
  - Conduct and supervise advanced research on various aspects of human behavior.
- Union College** | School of Professional and Graduate Studies | Kentucky, USA 2021 - pres.  
Adjunct Professor of Psychology
- Teach undergraduate/graduate psychology courses.
- Berkeley College** | School of Liberal Arts | New York City, USA 2002 - 2019  
Professor of Psychology
- Teach undergraduate psychology courses.
  - Conduct research on human behavior.
- Babeş-Bolyai University** | Department of Clinical Psychology | Cluj-Napoca, Romania 2010 - 2017  
Senior Researcher
- Clinical research on depression.
  - Principal Investigator in two Randomized Clinical Trials, totaling over \$1M in grant funding.
- Weill Medical College of Cornell University** | Department of Psychiatry | New York City, USA
- Assistant Professor of Psychology 2007 - 2009
  - Instructor of Psychology 2004 - 2007
  - Postdoctoral Fellow 2003 - 2004
- Longitudinal research on consequences of trauma (e.g., PTSD, depression).
  - Research on Darwinian fitness, Life History, and psychopathology.
  - Pioneering research on applications of Virtual Reality to the treatment of anxiety disorders.

### EDUCATION

- New School University, New York, NY - Ph.D. Psychology** 2000 - 2003
- Title of PhD dissertation: "Antecedents of Job Embeddedness"
- New School University, New York, NY - M.A. Psychology** 1998 - 2000
- Title of M.A. thesis: "Perception of Mental Disorder in Laypeople - A Cross-Cultural Study"
- University of Bucharest, Bucharest, Romania - B.A. Psychology** 1994 - 1998
- Polytechnic University of Bucharest - M.S. Mechanical Engineering** 1989 - 1994

### ACADEMIC METRICS

- Google Scholar: <https://bit.ly/2RXovzC>
- h-index = 19
- i10-index = 28
- Over 1500 citations

### GRANTS

**1. Title:** "Dcombat: A Computerized Preventative and Therapeutic Intervention for Depression."

**Role:** Principal Investigator

**Funding Agency:** CNCS-UEFISCDI, **Grant number:** [EEA-JRP-RO-NO-2013-1-0358](#)

**Amount:** ~\$1,000,000 (700,000 Euros) as of July 2014.

**Duration:** July 1, 2014 - May 1, 2017.

**Website:** [www.BeatSadness.com](http://www.BeatSadness.com)

**2. Title:** "Darwinian Psychotherapy: A Clinical Trial for an Evolutionary-Driven Type of Intervention for Depression."

**Role:** [Principal Investigator](#)

**Funding Agency:** CNCS-UEFISCDI, **Grant number:** [PN-II-ID PCE 2011-3-0230](#).

**Amount:** ~\$450,000.

**Duration:** November 2011 - October 2016.

**Website:** [www.DarwinianPsychotherapy.com](http://www.DarwinianPsychotherapy.com)

**3. Title:** "Virtual reality exposure therapy for the treatment of posttraumatic stress disorder following September 11, 2001"

**Role:** [Team member](#)

**Principal Investigator:** JoAnn Difede, PhD

**Grant mechanism:** [R21MH6216S/MH/NIMH NIH HHS/United States](#)

## PEER-REVIEWED PUBLICATIONS

\*: Corresponding author

Guțu SM, Cosmoiu A, Cojocaru D, Turturescu T, Popoviciu CM, & **Giosan C.\*** (2021). Bot to the Rescue? Effects of a Fully Automated Conversational Agent on Anxiety and Depression: A Randomized Controlled Trial. *Annals of Depression and Anxiety*, 8(1): 1107.

Burtaverde, V., Jonason, P.K., **Giosan, C.**, & Ene, C. (2021). Why do people watch porn? An evolutionary perspective on the reasons for pornography consumption. *Evolutionary Psychology*. DOI: <https://doi.org/10.1177/14747049211028798>

Seteanu, S. & **Giosan, C.\*** (2021). Adverse childhood experiences in parents and their effects on adult children. *Journal of Family Issues*. <https://doi.org/10.1177/0192513X211030043>

Seteanu, S. & **Giosan, C.\*** (2021). Adverse childhood experiences in fathers and the consequences in their children. *Professional Psychology: Research and Practice*, 52(1), 80-89. DOI: 10.1037/pro0000360.

Malta, L. S., **Giosan, C.\***, Szkondny, L. E., Altemus, M. M., Rizzo, A. A., Silbersweig, D. A., & Difede, J. (2020). Development of a Virtual Reality laboratory stressor. *Virtual Reality*, 25(2), 293-302. DOI: 10.1007/s10055-020-00455-5.

**Giosan, C.**, Cobeanu, O., Wyka, K., Mureșan, V., Mogoșe, C., Szentagotai, A., Malta, L.S., & Moldovan, R. (2020). Cognitive evolutionary therapy versus standard cognitive therapy for depression: A randomized clinical trial. *Journal of Clinical Psychology*, 76, 1818-1831. DOI:10.1002/jclp.22991.

Malta, L. S., **Giosan, C.\***, Szkondny, L. E., Altemus, M. M., Rizzo, A. A., Silbersweig, D. A., & Difede, J. (2020). Predictors of involuntary and voluntary emotional episodic memories of Virtual Reality scenarios in veterans with and without PTSD. *Memory*, 28(6), 724-740, DOI: 10.1080/09658211.2020.1770289.

Găianu, A., **Giosan, C.\***, & Sarbescu, P. (2020). From trait anger to aggressive violations in road traffic. *Transportation Research Part F: Psychology and Behavior*. 70, 15-24. DOI: <https://doi.org/10.1016/j.trf.2020.02.006>.

David, O., David, D., Mogoșe, C., Popescu, L., **Giosan, C.**, & Pellegrino, A. (2019). Psychological effects and brain correlates of a rose-based scented cosmetic cream. *Journal of Sensory Studies*. Vol 34: e12436. DOI: <https://doi.org/10.1111/joss.12536>

**Giosan, C.**, Wyka, K., Mogoșe, C., Cobeanu, O., & Szentagotai, A. (2018). The Evolutionary Fitness scale: A measure of the independent criterion of fitness. *EvoS Journal: The Journal of the Evolutionary Studies Consortium*, 7(1), 181–205.

**Giosan, C.**, Cobeanu, O., Mogoșe, C., Szentagotai, A., Mureșan, V., & Boian, R. (2017). Reducing depressive symptomatology with a smartphone app: study protocol for a randomized, placebo-controlled trial. *Trials*, 18(1), 215. <https://doi.org/10.1186/s13063-017-1960-1>

**Giosan, C.**, Cobeanu, O., Mogoșe, C., Tătar, A. S., Mureșan, V., & Boian, R. (2016). Using a smartphone app to reduce cognitive vulnerability and mild depressive symptoms: Study protocol of an exploratory randomized controlled trial. *Trials*, 17(1), 609. <https://doi.org/10.1186/s13063-016-1740-3>

Mogoșe, C., Cobeanu, O., David, O., **Giosan, C.**, & Szentagotai, A. (2017). Internet-based psychotherapy for adult depression: what about the mechanisms of change? *Journal of Clinical Psychology*, 73(1), 5–64. <https://doi.org/10.1002/jclp.22326>

Avram, E., Podina, I. R., & **Giosan, C.** (2016). A cognitive-behavioral standpoint on the perceived consequences of a major seismic event in relation to optimism and pre-hazard emotional distress. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 34(2), 114–124. <https://doi.org/10.1007/s10942-015-0231-x>

**Giosan, C.**, Muresan, V., & Moldovan, R. (2014). Cognitive evolutionary therapy for depression: a case study. *Clinical Case Reports*, 2(5), 228–236. <https://doi.org/10.1002/ccr3.131>

**Giosan, C.**, Malta, L. S., Wyka, K., Jayasinghe, N., Evans, S., Difede, J., & Avram, E. (2015). Sleep disturbance, disability, and posttraumatic stress disorder in utility workers. *Journal of Clinical Psychology*, 71(1), 72–84. <https://doi.org/10.1002/jclp.22116>

**Giosan, C.**, Cobeanu, O., Mogoșe, C., Muresan, V., Malta, L. S., Wyka, K., & Szentagotai, A. (2014). Evolutionary cognitive therapy versus standard cognitive therapy for depression: a protocol for a blinded, randomized, superiority clinical trial. *Trials*, 15(1), 83. <https://doi.org/10.1186/1745-6215-15-83>

- Giosan, C.** (2013). 'Slow' reproductive strategy: A negative predictor of depressive symptomatology. *Australian Journal of Psychology*, 65(3), 156–162. <https://doi.org/10.1111/ajpy.12016>
- Cukor, J., Wyka, K., Mello, B., Olden, M., Jayasinghe, N., Roberts, J., **Giosan, C.**, Crane, M., & Difede, J. (2011). The longitudinal course of PTSD among disaster workers deployed to the World Trade Center following the attacks of September 11th. *Journal of Traumatic Stress*, 24(5), 506–514. <https://doi.org/10.1002/jts.20672>
- Cukor, J., Wyka, K., Jayasinghe, N., Weathers, F., **Giosan, C.**, Leck, P., ... Difede, J. (2011). Prevalence and predictors of posttraumatic stress symptoms in utility workers deployed to the World Trade Center following the attacks of September 11, 2001. *Depression and Anxiety*, 28(3), 210–217. <https://doi.org/10.1002/da.20776>
- Giosan, C.**, & Wyka, K. (2009). Is a successful High-K fitness strategy associated with better mental health? *Evolutionary Psychology*, 7(1), 28–39. <https://doi.org/10.1177/147470490900700104>
- Giosan, C.**, Malta, L., Jayasinghe, N., Spielman, L., & Difede, J. (2009). Relationships between memory inconsistency for traumatic events following 9/11 and PTSD in disaster restoration workers. *Journal of Anxiety Disorders*, 23(4), 557–561. <http://dx.doi.org/10.1016/j.janxdis.2008.11.004>
- Evans, S., Patt, I., **Giosan, C.**, Spielman, L., & Difede, J. (2009). Disability and posttraumatic stress disorder in disaster relief workers responding to September 11, 2001 World Trade Center disaster. *Journal of Clinical Psychology*, 65(7), 684–694. <https://doi.org/10.1002/jclp.20575>
- Malta, L. S., Wyka, K. E., **Giosan, C.**, Jayasinghe, N., & Difede, J. (2009). Numbing symptoms as predictors of unremitting posttraumatic stress disorder. *Journal of Anxiety Disorders*, 23(2), 223–229. <http://dx.doi.org/10.1016/j.janxdis.2008.07.004>
- Jayasinghe, N., **Giosan, C.**, Evans, S., Spielman, L., & Difede, J. (2008). Anger and posttraumatic stress disorder in disaster relief workers exposed to the 9/11/01 World Trade Center disaster: One-year follow-up study. *The Journal of Nervous and Mental Disease*, 196(11), 844. <https://doi.org/10.1097/NMD.0b013e31818b492c>
- Giosan, C.**, & Vintila, I. (2008). Psihologia evolutionista - O noua perspectiva in stiintele psihicului. *Revista de Psihologie a Academiei Romane*, 54(1–2), 1–5.
- Difede, J., Cukor, J., Jayasinghe, N., Patt, I., Jedel, S., Spielman, L., **Giosan, C.**, & Hoffman, H. (2007). Virtual reality exposure therapy for the treatment of posttraumatic stress disorder following September 11, 2001. *Journal of Clinical Psychiatry*, 68(11), 1639–1647. <http://psycnet.apa.org/doi/10.4088/JCP.v68n1102>
- Giosan, C.** (2006). High-K strategy scale: A measure of the High-K independent criterion of fitness. *Evolutionary Psychology*, 4(1), 394–405. <https://doi.org/10.1177/147470490600400131>
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- Difede, J., Cukor, J., Patt, I., **Giosan, C.**, & Hoffman, H. (2006). The application of virtual reality to the treatment of PTSD following the WTC attack. *Annals of the New York Academy of Sciences*, 1071(1), 500–501. <https://doi.org/10.1196/annals.1364.052>
- Jayasinghe, N., **Giosan, C.**, Difede, J., Spielman, L., & Robin, L. (2006). Predictors of responses to psychotherapy referral of WTC utility disaster workers. *Journal of Traumatic Stress*, 19(2), 307–312. <https://doi.org/10.1002/jts.20113>
- Evans, S., **Giosan, C.**, Patt, I., Spielman, L., & Difede, J. (2006). Anger and its association to distress and social/occupational functioning in symptomatic disaster relief workers responding to the September 11, 2001, World Trade Center disaster. *Journal of Traumatic Stress*, 19(1), 147–152. <https://doi.org/10.1002/jts.20107>
- Giosan, C.**, Holtom, B., & Watson, M. (2005). Antecedents of job embeddedness: The role of individual, organizational and market factors. *Revista de Psihologie Organizationala*, 5(2–4), 31–44.
- Jayasinghe, N., Spielman, L., Cancellare, D., Difede, J., Klausner, E., & **Giosan, C.** (2005). Predictors of treatment utilization in world trade center attack disaster workers: role of race/ethnicity and symptom severity. *International Journal of Emergency Mental Health*, 7(2), 91.
- Giosan, C.** (2004). Altruistic behavior toward infants in biologically significant situations. *Psychology and Education - An Interdisciplinary Journal*, 41(1), 30–34.
- Kramer, M., Brown, A., Spielman, L., **Giosan, C.**, & Rothrock, M. (2004). Psychological reactions to the National Terror-Alert system. *The Id: Graduate Faculty, Psychology Society Bulletin*, 1(1), 67–70.
- Giosan, C.** (2003). Antecedents of Job Embeddedness. PhD dissertation, New School University.
- Haslam, N., & **Giosan, C.** (2002). The lay concept of "mental disorder" among American undergraduates. *Journal of Clinical Psychology*, 58(4), 479–485.
- Giosan, C.**, Glosky, V., & Haslam, N. (2001). The lay concept of 'mental disorder': A cross-cultural study. *Transcultural Psychiatry*, 38(3), 317–332. <https://doi.org/10.1177/136346150103800303>
- Giosan, C.**, & Haslam, N. (2001). Common meaning of "mental disease" concept. *Psihiatria Si Psihofarmacologia Prezentului*, 1, 22–30.
- Giosan, C.** (1995). Iluziile perceptiv in noile orizonturi ale psihologiei. *Univers Psycho*, 5(2), 5–8.
- Manzat, I., & **Giosan, C.** (1995). Synergetic psychology: A new perspective. *Psychology: A Journal of Human Behavior*, 32(2), 5–8.

Manzat, I., & Giosan, C. (1994). Un proiect experimental de dezvoltare a gandirii stiintifice la studenti. *Revista de Psihologie a Academiei Romane*, 40(3), 185–196.

## CONFERENCES

Over 50 conference presentations. For full list, visit [www.giosan.com](http://www.giosan.com)

## BOOKS

- Cezar Giosan** (2020). *Cognitive Evolutionary Therapy for Depression*. Springer International Publishing. ISBN 978-3-030-38873-7.
- Cezar Giosan**. (2020). Evolutionary psychology and counseling and psychotherapy. In Todd K. Shackelford (Ed.), *The SAGE Handbook of Evolutionary Psychology*. SAGE. ISBN: 9781526489166
- Cezar Giosan**. (2014). Retentia de personal (Personnel retention). In Eugen Avram (Ed.), *Psihologia Sanatatii Organizationale* (Vol. 2, pp. 9–24). Bucharest: Editura Universitara.
- Cezar Giosan**. (2016). Infidelitatea (Infidelity). In **Cezar Giosan** (Ed.), *Psihologia evolutionista. Modele teoretice si cercetari actuale (Evolutionary Psychology. Theoretical models and current developments)* (pp. 99–121). Bucharest: Editura Universitara.
- Cezar Giosan**. (2016). Modul de adaptare al speciei umane (Adaptations of the human species). In **Cezar Giosan** (Ed.), *Psihologia evolutionista. Modele teoretice si cercetari actuale (Evolutionary Psychology. Theoretical models and current developments)* (pp. 9–24). Bucharest: Editura Universitara.
- Cezar Giosan** (Ed.). (2016). *Psihologia evolutionista. Modele teoretice si cercetari actuale (Evolutionary Psychology. Theoretical models and current developments)*. Bucharest: Editura Universitara.
- Cezar Giosan**. (2016). *Psihopatologie evolutionista (Evolutionary Psychopathology)* (1st ed.). Bucharest: TREI.
- Cezar Giosan**, & Cristina Codreanu. (2015). *Problematika HIV/SIDA. Aspecte medicale si psihologice (HIV/AIDS issues. Medical and psychological aspects)*. Bucharest: Editura Universitara.
- JoAnn Difede, Judith Cukor, Ivy Patt, **Cezar Giosan**, & Hunter Hoffman. (2006). The application of virtual reality to the treatment of PTSD following the WTC attack. In Rachel Yehuda (Ed.), *In Psychobiology of posttraumatic stress disorder: A decade of progress* (1st ed., Vol. 1071, pp. 500–501). Wiley Blackwell.