



“PETRE ANDREI” UNIVERSITY OF IASI
organize the

INTERNATIONAL CONFERENCE
**MENS SANA
IN CORPORE
SANO**

2nd Edition
March 13 - 14, 2026

Aula Magna, of the “Petre Andrei” University of Iași
Codrescu Street no. 6, Iași, Romania

Petre Andrei University of Iași
International Conference
Mens sana in corpore sano, 2nd Edition
March 13–14, 2026

PROGRAM

Media partner: **TELEMoldova+**
Coordinator: **PhD Lavinia Maria PRUTEANU**

Time	Activities
10.30-10.40 Aula Magna	Opening of the Conference
10.40-11.40 Aula Magna	Keynote Lectures Prof. Dr. Dr. Horst E. UMSTADT , Privatdozent, Philipps University of Marburg <i>Outcome concept for assessing the surgical outcome of patients with osteoarthritis of the temporomandibular joint: Development of a specific symptom list and results regarding acceptance and completeness.</i> Acad. Prof. Dr. Liviu PENDEFUNDA , Petre Andrei University of Iași <i>Psychology and Neuroscience</i>
11.40-12.00	<i>Coffee break</i>
12.00-12.45 Aula Magna	Georgia. Historical, Cultural and Political Landmarks H.E. Ms. Tamar BERUCHASHVILI , Ambassador Extraordinary and Plenipotentiary of Georgia to Bucharest <i>Lecture</i> Launch of Issue No. 51 of the journal <i>Polis</i> with the theme “Georgia. Historical, Cultural and Political Landmarks” Presented by: H.E. Ambassador Tamar Tamar BERUCHASHVILI Sabin DRĂGULIN , Executive Director, <i>Polis</i> Moderator: Sorin BOCANCEA , Director <i>Polis</i>
12.45-13.00	<i>Coffee break</i>
13.00-14.00 Aula Magna	Book Launches <i>Statutul femeii în România comunistă. Politici publice și viață privată/The Status of Women in Communist Romania. Public Policies and Private Life</i> Coordinator: Alina Merry HURUBEAN

	Presented by: Cătălina MIHALACHE, “A.D. Xenopol” Institute of History, Romanian Academy Ciprian IFTIMOAEI, “Petre Andrei” University of Iași • <i>Feminin-Masculin. Povestiri de carieră și viață/ Feminine–Masculine. Career and Life Stories</i> Coordinator: Alina Merry HURUBEAN Presented by: Cătălina-Daniela RĂDUCU, “Gheorghe Zane” Institute for Economic and Social Research, Romanian Academy – Iași Branch Moderator: Sorin BOCANCEA, Director, <i>Polis Books Publishing House</i>
14.00-15.00	<i>Lunch break</i>
15.00-18.00	Section: Public Health and Medical Research Aula Magna • Bernd KARDORFF, Mönchengladbach, Germany <i>Mens Sana in Cute Sana – Part II: Laser Treatment of Skin Manifestations in Psychosomatic Dermatoses</i> • Liliia TODORIKO & Ihor SEIMIANIV Bukovinian State Medical University, Cernăuți, Ukraine <i>AI-assisted forecasting and modeling of infectious disease spread using routine epidemiological data</i> • A. BABINTSEVA, Yu. GODOVANETS, V. OSYPENKO, A. FRUNZA, T. GOVORNIAN Bukovinian State Medical University, Cernăuți, Ukraine <i>Perinatal mental health in war conditions in Ukraine</i> • Brikena SINANI, University of Medicine, Tirana, Albania <i>Standardizing Hospital Performance Measurement in Albania: A WHO-Based Framework and Comparative Benchmarking with Regional Practices</i> • Luciana JINGA, University of Bucharest / IICCMER <i>The Evolution of HIV/AIDS Infection in Communist Romania: Medical, Social and Political Context</i> • Mariia MANDRYK-MELNYCHUK, Bukovinian State Medical University, Cernăuți, Ukraine <i>Intrinsic and Extrinsic Motivational Mechanisms in Medical Students’ Engagement in Academic Learning and Research Activities</i>

	Section: Psychology and Human Behavior March 14 Aula Magna 10.30-11.45 • Oksana HANYEH, Oleg DEVINYAK, Volodymyr TIMASHEV Uzhhorod National University, Faculty of Medicine, Ukraine <i>Assessment of Anxiety Levels in Patients with Different Clinical Variants of Irritable Bowel Syndrome</i> • Mihaela Luminița SANDU, Mariana Floricica CĂLIN, Mihaela RUS Ovidius University of Constanța Lavinia Maria PRUTEANU Petre Andrei University of Iași <i>Self-Esteem as a Determinant of Job Satisfaction</i> • Narcisa Gianina CARANFIL Petre Andrei University of Iași <i>Integrating Experiential Psychotherapy in the Treatment of Anorexia Nervosa: Evidence from a Clinical Case Study</i> • Georgiana CORCACI Petre Andrei University of Iași <i>Cyberpsychology: Theoretical Perspectives on Human Behavior in the Digital Environment</i> 11.45-12.00 Coffee break 12.00-12.50 • Cristina Maria STOICA Petre Andrei University of Iași <i>Exposure to Occupational Violence and Vulnerability to Anxiety, Depression and Burnout among Ambulance Service Healthcare Professionals</i> • Ioana DRĂGULIN Cotroceni National Museum <i>Ana Aslan – Founder of the School of Gerontology</i> • Mariana Floricica CĂLIN, Mihaela Luminița SANDU, Florena Manuela ANTONESCU Ovidius University of Constanța Lavinia Maria PRUTEANU Petre Andrei University of Iași
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	<i>Emotional Intelligence and Relationship Satisfaction in Couples: An Analytical Study</i>
12.50-13.00	<i>Conclusions, end of the conference</i>

BOOK OF ABSTRACTS
International Conference
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Editors
Lavinia Maria Pruteanu
Sorin Bocancea

Outcome Concept for Assessing the Surgical Outcome of Patients with Osteoarthritis of the Temporomandibular Joint: Development of a Specific Symptom List and Results Regarding Acceptance and Completeness

Prof. Dr. Dr. Horst E. Umstadt

Privatdozent, Philipps University of Marburg, Germany

A scale for measuring patient complaints before and after surgical interventions of the temporomandibular joint (TMJ) is presented. Quality of life is assessed through a modular approach combining a generic, established quality-of-life questionnaire with a newly developed disease-specific symptom scale. Such an instrument tailored to this patient group has not previously been described in the literature.

The scale includes 26 characteristic symptoms such as TMJ pain during specific movements, joint cracking, swelling, and postoperative complaints. These symptoms are classified using a four-level scale (very typical, typical, less typical, not relevant).

The TMJ-OP scale (quality-of-life scale before and after TMJ surgery) was evaluated by ten clinical experts and ten surgical patients to determine its relevance and completeness. Symptom severity was measured on a scale ranging from “not present” to “very severe.”

More than 89% of respondents confirmed that the scale adequately included nearly all relevant symptoms. Neither patients nor experts identified additional essential symptoms. The validation corresponds approximately to phase III of the EORTC scale development procedure.

The TMJ-OP scale provides a valid instrument for assessing quality of life in patients suffering from chronic TMJ pain in both pre- and postoperative stages and may contribute to improved patient-centered quality assurance in TMJ surgery.

Psychology and Neuroscience

Acad. Prof. Dr. Liviu Pendefunda

Vice-Chancellor, World Academy of Letters

This paper explores the intersection between psychology and neuroscience in the context of chronic neurodegenerative diseases and cognitive disability. Within a bio-psycho-social framework, the study examines the neurobiological mechanisms and psychological consequences of cognitive impairment in Parkinson's disease, Huntington's disease, Alzheimer's disease, and vascular dementia.

Impairments in episodic memory, executive functions, and attentional processes represent not only neurocognitive deficits but also profound transformations of personal identity. Cognitive decline affects autonomy, decision-making capacity, family dynamics, and quality of life.

From an interdisciplinary perspective, the study discusses psychological interventions such as cognitive-behavioral therapy, acceptance and commitment therapy, and cognitive rehabilitation, as well as ethical considerations regarding autonomy and informed consent.

The paper argues that neurodegenerative disorders should be understood not only as neuropathological conditions but also as existential experiences requiring a human-centered clinical approach.

PUBLIC HEALTH AND MEDICAL RESEARCH

Mens Sana in Cute Sana – Part II: Laser Treatment of Skin Manifestations in Psychosomatic Dermatoses

Prof. Dr. med. Bernd Kardorff

Mönchengladbach, Germany

Psychodermatology studies the bidirectional relationship between psychological factors and dermatological diseases. Visible skin disorders often lead to psychological distress and social stigmatization, while psychological stress can exacerbate dermatological conditions through neuroimmunological and neuroendocrine mechanisms.

Laser therapy represents an important therapeutic option in dermatology. Different laser wavelengths interact with specific chromophores in the skin, including water, hemoglobin, and melanin. Technologies such as CO₂ laser, pulsed dye laser, and excimer laser are used for targeted treatment of various dermatological conditions.

Clinical applications include psoriasis, atopic dermatitis, vitiligo, rosacea, acne, and viral skin lesions. The excimer laser (308 nm) enables targeted UVB phototherapy with immunomodulatory effects and stimulation of melanocyte proliferation.

Although laser therapy does not treat the psychosomatic disorder itself, it can significantly reduce visible skin lesions, thereby improving quality of life and psychosocial well-being.

AI-Assisted Forecasting and Modeling of Infectious Disease Spread Using Routine Epidemiological Data

Liliia Todoriko, Ihor Semianiv

Bukovinian State Medical University, Ukraine

Predicting the spread of infectious diseases remains a central challenge in public health, particularly when surveillance data are incomplete or delayed. Artificial intelligence (AI) can enhance traditional epidemiological approaches by identifying complex relationships in large datasets and generating predictive models.

A retrospective dataset of 1,153 registered infectious disease cases was analyzed using machine-learning techniques. Variables included demographic characteristics, clinical phenotype, case classification, and programmatic indicators.

AI-assisted models demonstrated stable predictive performance and revealed distinct temporal patterns across demographic and clinical subgroups. Forecast accuracy improved significantly when stratified indicators were used instead of aggregated incidence measures.

The integration of AI-driven forecasting tools into epidemiological practice may enhance preparedness, support evidence-based decision-making, and optimize public health resource allocation.

Perinatal Mental Health in War Conditions in Ukraine

A. Babintseva, Yu. Godovanets, V. Osypenko, A. Frunza, T. Govornian

Bukovinian State Medical University, Chernivtsi, Ukraine

This study investigates the state of perinatal mental health among pregnant women and new mothers in Ukraine during wartime. Data were collected from 119 respondents using the Edinburgh Postnatal Depression Scale (EPDS).

Results indicate that 47.9% of participants scored above the threshold suggesting the need for psychological support. Women who had recently given birth showed significantly higher EPDS scores than pregnant women.

The findings highlight the urgent need for targeted psychological support programs for mothers and pregnant women in conflict-affected regions.

Keywords: perinatal mental health, EPDS, war in Ukraine

Standardizing Hospital Performance Measurement in Albania: A WHO-Based Framework and Comparative Benchmarking with Regional Practices

Brikena Sinani

University of Medicine, Tirana, Albania

This research proposes a standardized model for measuring hospital performance in Albania based on WHO indicators integrated within the Donabedian Structure–Process–Outcome framework.

Using a mixed-method approach including policy analysis and cross-sectional research in Albanian public hospitals, the study evaluates the applicability of standardized performance indicators.

Findings suggest that the integration of structural and process indicators with clinical outcomes can improve hospital accountability, transparency, and patient safety while enabling benchmarking with regional healthcare systems.

Keywords: hospital performance, WHO indicators, Donabedian model

The Evolution of HIV/AIDS Infection in Communist Romania: Medical, Social and Political Context

Luciana Jinga

University of Bucharest / IICCMER, Romania

Romania represents a unique case in Eastern Europe regarding the spread of HIV/AIDS infection during the late communist period. Medical practices such as the reuse of injection equipment, the administration of contaminated blood products, and systemic healthcare shortages contributed to an unusually high number of pediatric HIV infections.

Through analysis of epidemiological data and historical documentation, this study explores the interaction between medical practices, political structures, and public health policies that contributed to the spread of the infection.

Understanding this historical case provides important lessons regarding healthcare governance, patient safety, and epidemic management.

Keywords: HIV/AIDS, communist Romania, public health history.

Intrinsic and extrinsic motivational mechanisms in medical university students' engagement in academic learning and research activities

Mariia Mandryk-Melnychuk

Bukovinian State Medical University, Chernivtsi, Ukraine

Research purpose. To show modern educational tools that contribute to the internal and external motivation of students of medical specialties. This involves a combination of non-standard approaches to learning, the use of team forms, methods of activating curiosity, the development of interpersonal communication skills, emotional intelligence, pitching, goal setting, which contribute to increasing cognitive interest, the level of learning effectiveness, give confidence in one's own abilities, the desire to engage in educational and research activities. To identify the main factors that demotivate and reduce interest in learning, possible risks and negative consequences at the stage of professional training.

Methodology. The application over ten years of non-standard methods, educational tools to activate cognitive activity in combination with elements of training, self-presentation, pitching, mentoring, teamwork, elements of debates and polemical battles the use of various communication strategies that motivate students to study and research activities, has shown significant results. These are successful stories of former BSMU students who became carriers of change in their institutions and campaigns thanks to faith in their own strengths, the formation of a range of skills and the positive experience gained. Combining non-traditional lectures using the «Socratic method» with experimental, interactive methods in seminar classes allows you to build truly student-centred learning.

Results. The variation of different methods allowed students to study more effectively, manage their own time, find the necessary additional resources for learning, overcome anxiety about public speaking, increase interest in their future profession.

Recommendation and expected contribution. If we would like to create a new generation of professionals who change their environments, we need to use innovative approaches to teach students to think outside the box and create a democratic university environment.

Key words: motivation, educational tools. mentoring, effective learning, integrity

PSYCHOLOGY AND HUMAN BEHAVIOR

Assessment of Anxiety Levels in Patients with Different Clinical Variants of Irritable Bowel Syndrome

Oksana Hanyeh, Oleg Devinyak, Volodymyr Timashev

Uzhhorod National University, Faculty of Medicine, Ukraine

Introduction and relevance: Irritable bowel syndrome (IBS) is regarded as a brain-gut axis disorder, where psycho-emotional disturbances, specifically anxiety, play a key role in the pathogenesis, reduce quality of life, and complicate therapy.

Research purpose: To assess anxiety levels in patients with various IBS variants: with diarrhea (IBS-D), constipation (IBS-C), and the mixed variant (IBS-M).

Methodology: A total of 60 patients were examined (25 with IBS-D, 20 with IBS-C, and 15 with IBS-M). The Hospital Anxiety and Depression Scale (HADS) was used for screening.

Results: Signs of anxiety were detected in 60% (n=36) of patients: subclinical (8-10 points) was recorded in 35% (n=21), and clinically pronounced (≥ 11 points) in 25% (n=15). The highest anxiety level was observed in the IBS-D group (mean HADS-A score was 12.4 ± 1.3), which showed a significant correlation with defecation frequency ($r=0.65$; $p<0.05$). In patients with IBS-C, anxiety was subclinical (9.2 ± 0.8 points) and accompanied by depression (HADS-D - 8.7 ± 1.1 points), while in IBS-M, indicators approached clinically significant levels (10.5 ± 1.2 points). **Recommendations:** Integrate HADS screening into the routine diagnostic algorithm for timely referral of patients to a psychotherapist.

Expected contribution: A comprehensive approach will reduce the intensity of abdominal pain, optimize treatment, and significantly increase the chances of achieving long-term remission.

Keywords: *irritable bowel syndrome, anxiety, HADS scale, depression.*

Self-Esteem as a Determinant of Job Satisfaction

Mihaela Luminița Sandu, Mariana Floricica Călin, Mihaela Rus
Ovidius University of Constanța, Romania

Lavinia Maria Pruteanu
Petre Andrei University of Iași, Romania

The paper ***Self-Esteem as a Determinant of Job Satisfaction*** examines the relationship between self-esteem and job satisfaction, highlighting the role that individuals' self-perception plays in their adaptation and performance within the organizational environment. Starting from the premise that self-esteem is a central component of personality and psychological functioning, the study explores how it influences employees' attitudes toward work, professional motivation, and the level of satisfaction experienced in their professional activities.

The research relies on standardized psychological instruments used to assess self-esteem and job satisfaction, aiming to identify the correlations between these variables. The results indicate the existence of a significant relationship between the level of self-esteem and job satisfaction, suggesting that individuals with higher self-esteem tend to display a more positive attitude toward their work, greater involvement in professional tasks, and a higher capacity to adapt to organizational demands.

Furthermore, the study emphasizes that self-esteem influences how individuals perceive professional success, interpersonal relationships in the workplace, and opportunities for career development. In this regard, the development and strengthening of self-esteem may represent important factors in increasing job satisfaction and improving the organizational climate.

The conclusions highlight the need to implement educational and organizational strategies aimed at developing employees' psychological resources, particularly self-esteem, in order to enhance psychological well-being and professional efficiency. The study contributes to the literature in

organizational psychology by emphasizing the determinant role of self-esteem in the dynamics of job satisfaction.

Keywords: self-esteem, job satisfaction, workplace psychology.

Integrating Experiential Psychotherapy in the Treatment of Anorexia Nervosa: Evidence from a Clinical Case Study

Narcisa Gianina Caranfil

Petre Andrei University of Iași, Romania

In recent decades, the prevalence of eating disorders has increased significantly, representing an important mental health concern, particularly among adolescents and young adults. According to the DSM-5 classification (APA, 2013), the main eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder. Specialized literature highlights the multifactorial nature of these disorders, whose development is influenced by genetic, neurohormonal, psychological, familial, and sociocultural factors, as well as by negative life experiences that may act as triggering events.

The purpose of this paper is to analyze the effectiveness of experiential psychotherapeutic interventions in the case of an adolescent presenting symptoms specific to anorexia nervosa. The research methodology consists of a clinical case study based on the initial assessment of symptoms, the establishment of therapeutic goals, and the application of experiential techniques such as the empty-chair technique, the use of metapositions, and cognitive reframing. The results of the intervention indicate improvements in emotional awareness, body-related perceptions, and cognitive flexibility, contributing to the reduction of disorder-related symptoms.

Based on these findings, the paper highlights the usefulness of integrating experiential techniques into the psychotherapeutic process for individuals with eating disorders. The contribution of this study lies in emphasizing the potential of experiential psychotherapy as a complementary approach in the treatment of anorexia nervosa, while also providing directions for future therapeutic interventions.

Keywords: anorexia nervosa; experiential psychotherapy; eating disorders; adolescents; case study

Cyberpsychology: Theoretical Perspectives on Human Behavior in the Digital Environment

Georgiana Corcaci

Petre Andrei University of Iași, Romania

The rapid development of digital technologies and the expansion of online platforms have profoundly transformed the ways individuals communicate, interact, and construct their identities. In this context, the field of Cyberpsychology has emerged as an important theoretical framework for understanding human behavior in digital environments. Cyberpsychology investigates how digital contexts influence cognitive, emotional, and social processes, as well as the dynamics of identity and interpersonal relationships in virtual spaces. This article aims to analyze the main theoretical perspectives on human behavior in digital environments, integrating contributions from social psychology, cognitive psychology, and media studies.

The paper first examines the conceptual development of cyberpsychology and its interdisciplinary foundations. Additionally, the mechanisms underlying digital identity construction, online self-presentation, and the online disinhibition effect, concepts extensively discussed in the literature by scholars such as John Suler and Sherry Turkle. The article also addresses the influence of digital environments on cognitive, emotional, and relational processes, including phenomena such as information overload, online social relationships, and internet addiction. Finally, it discusses the broader impact of digital environments on contemporary social behavior, with particular attention to the role of social media in shaping interactions, social norms, and identity perception. By integrating key theoretical perspectives from the existing literature, this study highlights the complexity of the relationship between individuals and digital environments and emphasizes the need for interdisciplinary approaches in the study of online behavior.

Keywords: cyberpsychology, digital identity, online behavior, social media, digital psychology.

Exposure to Occupational Violence and Vulnerability to Anxiety, Depression and Burnout among Ambulance Service Healthcare Professionals

Cristina Maria Stoica

Petre Andrei University of Iași, Romania

Occupational violence represents a significant psychosocial risk for healthcare professionals working in ambulance services, where emergency interventions frequently involve unpredictable and high-risk situations. This quantitative cross-sectional study was conducted on a national sample of 996 respondents, including operational ambulance personnel involved in field interventions and dispatch activities.

The general objective of the research was to analyze aggressions directed against ambulance staff during interventions and dispatch operations, focusing on their frequency, typology, contextual determinants, and psychosocial impact. Specifically, the study aimed to assess the level, frequency, types, and consequences of aggression in order to substantiate the need for institutional measures to enhance crew safety and reduce psychosocial risks associated with emergency response work. The research sought to provide empirical evidence supporting the necessity of police officer presence in high-risk cases, identified based on patient profile, type of emergency call, and intervention context.

Standardized self-report instruments were used to evaluate exposure to occupational violence, as well as levels of anxiety, depression, and burnout. Statistical analyses indicated significant associations between repeated exposure to aggression-particularly verbal threats and physical assaults - and increased psychological distress, emotional exhaustion, and reduced professional efficacy.

The findings underscore the urgent need for structured prevention strategies, organizational support mechanisms, and inter-institutional collaboration to ensure both the safety and mental well-being of ambulance service healthcare professionals.

Keywords: occupational violence, ambulance service, burnout, anxiety

Ana Aslan founder of the school of gerontology

Ioana Drăgulin

Cotroceni National Museum

The physician and researcher Ana Aslan was the founder of the school of gerontology and the Institute of Geriatrics in Romania. Raised and educated in Romania, under the careful coordination of professors Daniel Danielopolou and C.J. Parhon, she experienced the experience of a country under communist domination without having any political affiliation. A creation of the universalist humanist spirit, Ana Aslan can be considered a citizen of the world who understood the profile of the "era of the third age". Throughout her long career, she fought so that old age would no longer be considered the end but a stage that can be postponed over time. Awarded and decorated at home and abroad, she experienced the peak of her recognition as a professional when she participated in the celebration of the inscription of her name on the mausoleum of Hippocrates, in Larissa in Thessaly.

Emotional Intelligence and Relationship Satisfaction in Couples: An Analytical Study

Mariana Floricica Călin, Mihaela Luminița Sandu, Florena Manuela Antonescu

Ovidius University of Constanța, Romania

Lavinia Maria Pruteanu

Petre Andrei University of Iași, Romania

The study explores the relationship between emotional intelligence and the level of satisfaction experienced within romantic relationships. Emotional intelligence, understood as the ability to perceive, understand, regulate, and effectively express emotions, plays a significant role in interpersonal functioning and the quality of close relationships.

The research aims to analyze how different components of emotional intelligence—such as emotional awareness, emotional regulation, empathy, and social skills—contribute to relationship satisfaction among couples. Using standardized psychological assessment instruments, the study examines the correlations between emotional intelligence levels and partners' perceptions of relational harmony, communication quality, and emotional support.

The findings suggest that individuals with higher emotional intelligence tend to report greater relationship satisfaction, as they demonstrate improved communication skills, higher empathy toward their partners, and more effective conflict resolution strategies. Emotional intelligence facilitates emotional understanding and mutual support, reducing the likelihood of persistent relational tensions and increasing the stability and quality of the relationship.

The results highlight the importance of emotional competencies in maintaining healthy and satisfying romantic relationships. Developing emotional intelligence may therefore represent an important psychological resource for couples, contributing to improved communication, emotional balance, and long-term relational well-being. The study contributes to the field of relationship psychology by emphasizing the predictive role of emotional intelligence in relationship satisfaction among couples.

Keywords: emotional intelligence, couple relationships, interpersonal communication.

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