

## Curriculum Vitae GIZEM ARIKAN (PhD)

### **Contact**

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### **Employment**

|                                 |   |
|---------------------------------|---|
| 2023, March                     | Associate Professor (Ozyegin University)  |
| 2022, September                 | Associate Professor (Board of Higher Education, Turkey)   |
| 2013, February – 2023, February | Assistant Professor of Psychology, Department of Psychology, Ozyegin University, Istanbul, Turkey   |
| 2013, February- 2015, February  | Visiting Fellow, University of Southampton, School of Psychology, UK  |
| 2010, October – 2013, January   | Post-Doctoral Research Assistant in Attachment, Affect Regulation and Psychophysiology, School of Psychology, University of Southampton, UK |

### **Education**

Ph.D. Clinical Psychology, University of Southampton, UK. March 2011. Thesis Title: The role of attachment in emotion regulation of traumatic stress

M.Sc. Clinical Psychology, Middle East Technical University, Turkey. June 2007. Thesis Title: Prevalence of traumatic events and determinants of posttraumatic growth in university students

B.Sc. Psychology, Middle East Technical University, Turkey. June 2005

B.Sc. Philosophy (Double Major), Middle East Technical University, Turkey. June 2005

### **Awards & Studentships**

|            |  |
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| 2010       | Gordon Trasler Award for congress presentation, School of Psychology, University of Southampton, UK.   |
| 2007- 2010 | United Kingdom Overseas Research Students Award Scheme (ORSAS).<br>One of the awarded 19 students in the year 2007 at the University of Southampton, UK. |
| 2005- 2006 | Academic Year, Middle East Technical University, Graduate Courses Performance Award, Ankara, Turkey.   |
| 2006       | 2 <sup>nd</sup> in Turkish Psychological Association, 'Research Competition for Young Psychologists', Turkey.  |

## **Grants & Research Support**

|            |   |
|------------|---|
| 2026-2028  | Investigation of Risk and Protective Factors Associated with Psychosocial Well-Being of Syrian Refugee Adolescents (TUBITAK 1001, SOBAG 225K196), Turkey, Co-Investigator. (2.576.750 Turkish Lira/ equivalent to \$59.000 at the exchange rate at the time)  |
| 2025-2026  | Developing guidelines for screen media for pre-school children in Turkey, British Council, The International Science Partnerships Fund (ISPF) Research Empowerment Programme. Primary Investigators: Dr Ayten Bilgin (UK); Dr Gizem Arikan (Turkey); Co-Investigator: Dr Esra Ercan Bilgic. (£43.438). One of the five projects supported by this scheme. |
| 2021-2024  | Identifying the Factors Affecting Father-Child Attachment and Improving the Father-Child Attachment Security through Parental Education Program (TUBITAK 1001 SOBAG 601619), Turkey, Advisor (635.496 Turkish Lira / equivalent to \$73.000 at the exchange rate at the time).  |
| 2020       | Examining the Effects of Parents' Individual, Familial, and Environmental Stressors on Children's Psychological Health in the Context of the COVID-19 Pandemic (TUBITAK 1001 SOBAG 120K387), Turkey, Co-Investigator (72.160 Turkish Lira / equivalent to \$9.700 at the exchange rate at the time).  |
| 2020       | Funding from Circle of Security International to complete Parental Embodied Mentalisation coding of mother-toddler dyads. (\$1230).   |
| 2015- 2019 | Improving Mother-Child Attachment Relationship with Circle of Security Parenting Training Program. The Scientific and Technological Research Council of Turkey (TUBITAK 3510 SOBAG 114K813), Turkey, <i>Primary Investigator</i> (349.762 Turkish Lira / equivalent to \$128.000 at the exchange rate at the time).                                       |
| 2014- 2017 | Literature's Witnessing the History of Democratisation in Turkey: Coups and Novels. The Scientific and Technological Research Council of Turkey (TUBITAK 1001 SOBAG 114K137), Turkey, <i>Co-Investigator</i> (158.415 Turkish Lira / equivalent to \$72.300 at the exchange rate at the time).  |
| 2014- 2016 | Factors Influencing the Marital Relationship in the First Years of Marriage, The Scientific and Technological Research Council of Turkey (TUBITAK 1001 SOBAG 113K538), Turkey, <i>Co-Investigator</i> (379.921 Turkish Lira / equivalent to \$173.500 at the exchange rate at the time).  |
| 2009       | Funding for PhD project data collection, Compassionate Mind Foundation, UK (£3000).   |

## **Publications**

\*Graduate student

**Arikan, G.** & Acar, I.H. (2026). Metaverse Acceptance in Younger and Older Cohorts: Testing Technology Acceptance Model. *Current Psychology*, 45, 150. <https://doi.org/10.1007/s12144-025-08876-8>

**Arikan, G.**, Acar, I. H., Kumru, A. & Unsal, O. F. (2025). Maternal symptoms and emotional availability predicting children's behavior problems: A longitudinal study. *Journal of Applied Developmental Psychology*, 97, 101753. <https://doi.org/10.1016/j.appdev.2024.101753>

Gunal-Tasel, I. Z\*. & **Arikan, G.** (2024). How do Emotional Availability, Attachment, and Parenting Stress Relate to Attachment Security? Findings from Turkish Mother-Toddler Dyads *Journal of Child and Family Studies*, 33, 2310-2323. <https://doi.org/10.1007/s10826-024-02783-5>

Hepper, E. G., Sedikides, C., Wildschultz, T., Cheung, W., Abakoumkin, **G.**, **Arikan, G.**....(2024). Pancultural nostalgia in action: Prevalence, triggers, and psychological functions of nostalgia across cultures. *Journal of Experimental Psychology: General*, 153(3), 754–778. <https://doi.org/10.1037/xge0001521>.

Cakmak, S. & **Arikan, G.** (2024). From Burnout to Parental Burnout: How Does Caregiving Become a Burden? *Psikiyatriye Güncel Yaklaşımlar- Current Approaches in Psychiatry*, 16(1),185-202.

**Arikan, G.**, Ustundag-Budak, A. M., Toz, N. & Senturk, G. (2023). Do Turkish mothers' emotion regulation, psychological symptoms and caregiving helplessness vary based on attachment states of mind? *Attachment & Human Development*, 25(3-4), 417–436. <https://doi.org/10.1080/14616734.2023.2219657>

**Arikan, G.** & Kumru, A. (2023). A person-based approach to emotion socialization in toddlerhood: Individual differences in maternal emotion regulation, mental-health and parental sense of competence. *Scientific Reports*, 13, 13606, <https://doi.org/10.1038/s41598-023-40850-x>

**Arikan, G.** & Kumru, A. (2023). Anne bağlanma özelliklerinin çocuğun güvenli bağlanması üzerindeki rolü ve Güvenli Çember Ebeveynlik destek programı [The role of maternal attachment characteristics in child's attachment security and Circle of Security Parenting support programme.] (pp.151-168). In F. Çorapçı & A.Doğan (Eds.), *Çocuk ve ergen müdahale programları [Child and adolescent interventions]*. İstanbul, Türkiye: Nobel Yayın Grubu.

**Arikan, G.** (2023). Duygu düzenlemede, ilişkilerin ve oksitosinin rolü [The role of relationships and oxytocin in emotion regulation]. In Ayşe Altan-Atalay, Burcu Kaya-Kızılöz & Dilek Sarıtaş-Atalar (Eds.), *Teoriden pratiğe duygu düzenleme [From Theory to Practice Emotion Regulation]*. İstanbul, Türkiye: Koç University Press.

- Günel-Taşel, I. Z\*. & **Arikan G.** (2023). Erken çocuklukta bağlanmanın ve psikopatolojinin nesiller arası aktarımında anne duyarlılığının rolü [The role of maternal sensitivity in intergenerational transmission attachment and psychopathology in early childhood]. *Çocuk ve Ergen Ruh Sağlığı Dergisi-Turkish Journal of Child and Adolescent Mental Health*. <https://doi.org/10.4274/tjcamh.galenos.2021.96168>
- Matias, M., Aguiar, J., Fontaine, A. M., Akgun, E., **Arikan, G.**, Aunola, K., Barham, E., Beyers, W., Boujut, E., Brytek-Matera, A., Carbonneau, N., César, F., Chen, B.-B., Dorard, G., Dunsmuir, S., Egorova, N., Elias, L., Favez, N., Foran, H. M., ... Roskam, I. (2023). Profiles of Parental Burnout Around the Globe: Similarities and Differences Across 36 Countries. *Cross-Cultural Research*. <https://doi.org/10.1177/10693971231174551>
- Roskam, I., Aguiar, J., Akgun, E., Arena, A. F., **Arikan, G.**, Aunola, K., Besson, E... (2023). Three reasons why parental burnout is more prevalent in individualistic countries: a mediation study in 36 countries. *Social Psychiatry Psychiatric Epidemiology*. <https://doi.org/10.1007/s00127-023-02487-z>
- Lin, G. X., Mikolajczak, M., Keller, ... **G., Arikan, ...** Roskam, I. (2022). Parenting culture(s): Ideal-parent beliefs across 37 countries. *Journal of Cross-Cultural Psychology*. <https://doi.org/10.1177/00220221221123043>.
- Arikan G.** & Kumru, A. (2022). Risk factors for child's attachment security in Turkey and positive effects of Circle of Security Parenting (COS-P) intervention on mothers' mental health. (pp.293-308). In Hilal Şen & Helaine Selin (Eds.), *Childhood in Turkey: Sociological, educational and psychological perspectives*. Springer: USA.
- Lin, G. X., Goldenberg, A., **Arikan, G.**, Brytek-Matera, A.,... & Gross, J.J. (2022). Reappraisal, social support, and parental burnout. *British Journal of Clinical Psychology*. <https://doi.org/10.1111/bjc.12380>.
- van Bakel, H., Bastiaansen, C., Hall, R., Schwabe, I., Verspeek, E., Gross, J. J., Brandt, J. A., Aguiar, J., Akgun, E., **Arikan, G.**, Aunola, K., Bajgarová, Z., Beyers, W., Bílková, Z., Boujut, E., Chen, B.-B., Dorard, G., Escobar, M. J., Furutani, K., ... Roskam, I. (2022). Parental burnout across the globe during the COVID-19 pandemic. *International Perspectives in Psychology: Research, Practice, Consultation*, 11(3), 141–152. <https://doi.org/10.1027/2157-3891/a000050>.
- Arikan, G.** & Acar, B. (2022). COVID-19 karantina sürecinde anne-babalardaki depresyon, kaygı ve stresi yordayan ailesel ve çevresel faktörler [Familial and environmental factors predicting parents' depression, anxiety and stress during COVID-19 quarantine]. *Çocuk ve Ergen Ruh Sağlığı Dergisi-Turkish Journal of Child and Adolescent Mental Health*, 29(1), 22-28. <https://doi.org/10.4274/tjcamh.galenos.2021.07379>.
- Roskam, I., Gallae, L., Aguiar, J., Akgun, E., Arena, A., **Arikan, G.**...Mikolajczak, M. (2022). Gender equality and maternal burnout: A 40-Country Study. *Journal of Cross-Cultural Psychology*. <https://doi.org/10.1177/00220221211072813>.

- Arikan, G.**, Acar, I. H. & Ustundag-Budak, A. M. (2022). A two-generation study: The transmission of attachment and young adults' depression, anxiety, and social media addiction. *Addictive Behaviors*, 124(107109).  
<https://doi.org/10.1016/j.addbeh.2021.107109>
- Toz, N., **Arikan, G.** & Ustundag-Budak, A. M. (2021). The role of emotion regulation and maternal symptoms in caregiving helplessness during toddlerhood years. *Current Psychology*. <https://doi.org/10.1007/s12144-021-01855-9>.
- Arikan, G.**, Kumru, A. & İlhan, A. O. (2021). Turkish validation study of caregiving helplessness questionnaire. *Nesne*, 9(19), 52-68.  
<https://doi.org/10.7816/nesne-09-19-05>.
- Karl, A. Carnelley, K. B., **Arikan, G.**, Baldwin, D. S., Heinrichs, M., & Stopa, L. (2021). The effect of attachment security priming and oxytocin on physiological responses to trauma films and subsequent intrusions. *Behaviour Research and Therapy*, 141, 103845. <https://doi.org/10.1016/j.brat.2021.103845>.
- Arikan, G.** (2021). COVID-19 salgınında stres, stresin olumsuz-olumlu sonuçları ve önleyici müdahalenin olası rolü [Stress in COVID-19 pandemic: Negative and positive outcomes, and the possible role of preventive interventions.] *Psikiyatride Güncel Yaklaşımlar- Current Approaches in Psychiatry*, 13(1), 135-145.  
<https://doi.org/10.18863/pgy.752541>
- Roskam, I., Aguiar, J., Akgun, E., **Arikan, G.**, Artavia, M., Avalosse, H., Aunola, K., Bader, M., Bahati, C., Barham, E. J., Besson, E., Beyers, W., Boujut, E., Brianda, M. -E., Brytek-Matera, A., Carbonneau, N., César, F., Bhen, B. B., Dorard, G.,... Mikolajczak, M. (2021). Parental burnout around the globe: A 42-country study. *Affective Science*, 2, 58-79. <https://doi.org/10.1007/s42761-020-00028-4>.
- Arikan, G.**, Ustundag- Budak, A. M., Akgün, E., Mikolajczak, M. & Roskam, I. (2020) Validation of Turkish version of the Parental Burnout Assessment (PBA). *New Directions for Child & Adolescent Development*, 2020(174), 15-32.  
<https://doi.org/10.1002/cad.20375>.
- Arikan G.** & Kumru A. (2020). Pattern of associations between maternal symptoms and child problem behaviors: The mediating role of mentalization, negative intentionality, and unsupportive emotion socialization. *Child Psychiatry & Human Development*, 52(4), 640-653. <https://doi.org/10.1007/s10578-020-01046-w>.
- Arikan, G.** (2020). Bağlanma: Teori, araştırma, psikopatoloji ve destek/müdahale programları.[*Attachment: Theory, research, psychopathology and intervention programs*] (pp. 337-352). In E. Görgü & T. Sezer (Eds.), *Erken çocuklukta güncel konular. [Contemporary topics in early childhood.]* İstanbul, Türkiye: Nobel Yayın Grubu.
- Arikan, G.** (2020). Bilişsel Davranışçı temelli önleyici müdahale programları. [Cognitive Behaviour Therapy based preventive intervention programs] (pp. 245-257) In Z. Hamamcı & F. Türk (Eds.), *Geçmişten günümüze Bilişsel Davranışçı Terapi [Cognitive Behavioural Therapy from past to present]*. İstanbul, Türkiye: Pegem

## Akademik Yayıncılık.

- Arikan, G.**, Kumru, A., Korkut, B\*, & İlhan, O. A. (2019). Examining toddlers' problem behaviors: The role of SES, parenting stress, perceived support and negative intentionality. *Journal of Child and Family Studies*, 28(12), 3467–3478.  
<https://doi.org/10.1007/s10826-019-01529-y>.
- Corapci, F. & **Arikan, G.** (2017). Klinik psikolojide önleyici müdahale. [*Preventive intervention in clinical psychology*]. *Türkiye Klinikleri Psikoloji Özel Dergisi*, 2(1), 80-88.
- Arikan, G.**, Stopa, L., Carnelley, K. B., & Karl, A. (2015). Understanding the associations between attachment, posttraumatic stress disorder and posttraumatic growth, *Anxiety, Stress & Coping*, 29(1), 1-20.  
<https://doi.org/10.1080/10615806.2015.1009833>.
- Hepper, E. G., Wildschut, T., Sedikides, C., Ritchie, T., Yung, T., Hansen, N., Abakoumkin, G., **Arikan, G.**.... (2014). Pancultural nostalgia: Prototypical conceptions across cultures. *Emotion*, 14(4), 733-747. <https://doi.org/10.1037/a0036790>.
- Arikan, G.** & Karanci, N. A. (2012). Attachment and coping as facilitators of posttraumatic growth in Turkish university students experiencing traumatic events. *Journal of Trauma and Dissociation*, 13(2), 209-225.  
<https://doi.org/10.1080/15299732.2012.642746>.
- Yorbık, Ö. & **Arikan, G.** (2007). *Uyum bozuklukları. [Adjustment Disorders]* In A.S. Aysev, & Y.I. Taner, (Eds.), *Çocuk ve ergen ruh sağlığı ve hastalıkları [Child and adolescent psychiatric disorders]* (pp. 657-665) Turkey: Golden Print.
- Arikan, G.** (2006). Psikolojide indirgemecilik. [Reductionism in psychology]. *Türk Psikoloji Bülteni [Turkish Psychology Bulletin]*, 12, 18-20.
- Arikan, G.** (2006). Sexual dysfunctions. *Europe's Journal of Psychology*, 2(3),  
<https://doi.org/10.5964/ejop.v2i3.339>.

**Publications Under Review**

\*Graduate students

- Arikan, G.**, Acar, I. H. & Ustundag-Budak, A. M. (under review). Contributions of parental dialectical behaviour therapy coping strategies to depression and anxiety in emerging adults.
- Arikan, G.**, Acar, I.H. & Kumru, A. (under review). Maternal symptoms and emotional availability predicting children's behavior problems: A longitudinal study.
- Arikan, G.** & Acar, I H. (under review). A Person-Centered Analysis of Young Adults' Psychological Functioning: The Roles of Social Media Addiction and Mobile Phone Screen Time.
- Citil, E. Y., **Arikan, G.**, Acar, I. H. & Ustundag-Budak, A. M. (under review). A Person-Centered Analysis of Young Adults' Psychological Functioning: The Roles of Social Media Addiction and Mobile Phone Screen Time

## **Publications Under Preparation**

\*Graduate students

**Arikan, G.**, Kumru, A., & Acar, I. Effectiveness of 8-week Circle of Security Parenting Programme in low-SES Turkish mothers.

## **Supervised Master Thesis**

Ozer, B. 2022. The relationship between maternal emotional availability, child negative emotionality and maternal socialization in a socio-economic risk group. Unpublished Master Thesis, Ozyegin University, Istanbul.

Kuzgun, S. 2021. The role of maternal mentalisation in mothers' emotional availability and toddlers' attachment security. Unpublished Master Thesis, Ozyegin University, Istanbul.

Tasel-Gunal, I. Z. 2019. Investigating the role of mother's partner attachment, parenting stress, emotional availability in the toddler's attachment security, Unpublished Master Thesis, Ozyegin University, Istanbul.

Karabulut, D. H. 2019. The relationship between maternal psychological well-being, sensitivity and toddlers' observed attachment security in a socio-economic risk group. Unpublished Master Thesis, Ozyegin University, Istanbul.

Korkut, B. 2018. Effects of the child, maternal and environmental characteristics on behavioral problems in early childhood. Unpublished Master Thesis, Ozyegin University, Istanbul.

## **Conference Proceedings**

\*Graduate students; \*\*undergraduate student; \*\*\*high school internship programme student

**Arikan, G.** Acar, I. H. & Ustundag-Budak, A. M (2025, July). *How do mindfulness and coping strategies predict young adults' social media addiction?* Brisbane, Australia.

Kumru, A., Acar, I. H., **Arikan, G.** & Unsal O. F. (2025, June). *Maternal mutual attunement, child emotion regulation, and behavior problems: A Longitudinal Study with Turkish Preschool Children in COVID-19 Pandemic.* Lisbon, Portugal.

**Arikan, G.**, Acar, I. H. & Budak-Ustundag, A. M. (2024, September). *The role of parental symptoms and parental burnout in children's behaviour problems: A dyadic study.* 3<sup>rd</sup> International Conference on Parental Burnout. Porto, Portugal.

**Arikan, G.** (2023, July). *How Do Maternal Mentalization and Emotional Availability Predict Toddlers' Attachment Security in a Low-SES Turkish Sample?* 18<sup>th</sup> World Congress of World Association for Infant Mental Health, Dublin, Ireland.

**Arikan, G.** & Kumru, A. (2022, October). *Erken çocukluk döneminde annelerin ruh sağlığı ve algıladıkları sosyal destek: Birey-odaklı bir yaklaşım [Maternal mental health and perceived social support in early childhood: A person-based approach].* 58. National Psychiatry Congress, Izmir, Turkey.



- Arikan, G.** & Kumru, A. (2022, July). *The effect of Circle of Security Parenting program (COS-P) on maternal mentalization and emotion socialization in low-SES mothers from Turkey*. 10<sup>th</sup> International Attachment Conference, Lisbon, Portugal.
- Özer I. B\*, & **Arikan G.** (2021, October). *The relationship between maternal emotional availability, child negative emotionality and maternal emotion socialization in a socio-economic risk group*. 2<sup>nd</sup> International Infant Child and Adolescent Congress, Virtual.
- Arikan, G.** & Kuzgun S\*. (2021, June). *How do maternal mentalization and emotional availability predict toddlers' attachment security in a low-SES Turkish sample?* 17th World Congress of the World Association for Infant Mental Health (WAIMH), Virtual.
- Cure-Acer, S\*. Ustundag-Budak, A. M. & **Arikan G.** (2021, May). *Mediating role of mental health between Alexithymia and parental burnout*. 2<sup>nd</sup> Parental Burnout Conference, Virtual.
- Arikan, G.**, Ustundag-Budak, A. M., Akgün, E. Mikolajczak, M. & Roskam, I. (2021, May). *Validation of Turkish version of Parental Burnout Assessment*. 2<sup>nd</sup> Parental Burnout Conference, Virtual.
- Arikan, G.** (2020, November). *Depresyon, kaygı ve algılanan sosyal desteğin ebeveyn tükenmişliğindeki rolü [The role of depression, anxiety and perceived social support in parental burnout]*. 3<sup>rd</sup> International Congress of Human Studies, Virtual.
- Arikan, G.** Acar, I\*. & Üstündağ-Budak. (2020, August). *Türkiye'deki annelerde içsel düşünme işlevselliği kısa-formunun geçerliliği [Validation of reflective functioning questionnaire short-form validation in Turkish mothers]*. 1st International Infant Child and Adolescent Congress, Virtual.
- Acer, C. S\*, Ustundag-Budak, M. & **Arikan, G.** (2019, December). *Does parental alexithymia predict parental burnout and child psychological problems?* 1<sup>st</sup> Parental Burnout Conference, Louvain-la-Neuve, Belgium.
- Arikan, G.** (2019, November). *Düşük sosyoekonomik düzeydeki annelerin psikolojik sorunlarının ve algıladıkları sosyal desteğin anne-duyarlılığı ile ilişkisi. [The relationship between maternal psychological problems, social support and sensitivity in low SES level]*. 55<sup>th</sup> National Psychiatry Congress, Istanbul, Turkey.
- Toz, N\*, **Arikan, G.**, Ustundag-Budak, M. A. & Senturk, G. (2019, November). *Annelerde görülen kaygı ve depresyon semptomları ile yetişkin bağlanma biçimleri arasındaki ilişkinin yetişkin bağlanma görüşmesi (YBG) aracılığıyla incelenmesi. [Investigating the relationship between maternal anxiety and depressive symptoms, and adult attachment by Adult Attachment Interview (AAI)]*. 55<sup>th</sup> National Psychiatry Congress, Istanbul, Turkey.
- Arikan, G.**, Acar, I., Budak, A. M., Acar, B\*. & Tankal, L\*\*\*. (2019, November). *Üniversite öğrencilerinin bağlanma stilleri, sosyal medya kullanımı ve psikolojik semptomlar arasındaki ilişkinin incelenmesi. [Investigating the relationship between university students' attachment styles, social media use and psychological symptoms]*. 55<sup>th</sup> National Psychiatry Congress, Istanbul, Turkey.
- Arikan, G.** (2019, August). *Turkish mothers' emotion socialization strategies in relation to*



*maternal risk factors of SES and mental health during toddlerhood.* Caregiving of Turkish mothers and emotion regulation in early childhood symposium at the 19th European Conference on Developmental Psychology, Athens, Greece.

Tasel, I. Z\*, **Arikan, G.**, Kumru, A., Coskun, Z\*\*, Arslan, S\*\*, Beken, Z\*\*, Safaz, R\*\*, Piri\*\*, I., Yildizhan, C\*\*, & Sel, Y\*\*. (2019, August). *The association between mother's romantic attachment parenting stress and toddler's attachment.* Poster session will be presented at the congress of 19th European Conference on Developmental Psychology, Athens, Greece.

Toz, N\*, Kumru, A., **Arikan, G.**, Kuzgun, S\*, Toksal, S\*\*, Gedizli, A\*\*, Kiris, A\*\*, & Ozman, N\*\*. (2019, August). *The role of caregiving helplessness, social support and maternal hostility in maternal sensitivity during Toddlerhood.* Poster session will be presented at the congress of 19th European Conference on Developmental Psychology, Athens, Greece.

Toz N\*, Üstündağ-Budak A. M., & **Arikan G.** (2019, August). *The role of maternal mental health and emotion regulation strategies in caregiving helplessness.* Oral presentation will be presented at the congress of 19th European Conference on Developmental Psychology, Athens, Greece.

**Arikan, G.**, & Kumru, A. (2018, November). *Erken çocukluk döneminde anne-çocuk ilişkisinin güvenli çember ebeveynlik eğitim programı ile desteklenmesi [Supporting mother-child relationship in early childhood with Circle of Security Parenting program].* Türkiye'de Uygulanan Erken Çocukluk ve Okul Dönemine Yönelik Önleyici Müdahale Programı Örnekleri: Uyarılama, Uygulama ve Etki Değerlendirmeleri sempozyumu [Early childhood and school period preventive interventions in Turkey: Adaptation, application and effectiveness evaluations]. Symposium at the 20. National Psychology Congress, Ankara, Türkiye.

Karabulut, D.H\*, Coruk, S\*\*, Eksioğlu Z\*\*, Ozer, I. B\*\*, Guner H\*\*, Evci, B.M\*\*, Töz, N\*\*, & **Arikan, G.** (2018, July). *The Relationship among mothers' socio-economic status, mentalization, maternal interpretations of toddler's intentionality and maternal sensitivity.* Poster presented at the conference of International Association for Relationship Research Conference, Colorado, USA.

Toz, N\*, Gürbüz, D\*\*, Söğütçü, E\*\*, Şengül, Ş\*\*, Özyol, B\*\*, Karabulut, D. H\*\*, & **Arikan, G.** (2018, July). *The role of maternal psychological well-being and caregiving helplessness in maternal sensitivity during toddlerhood.* Poster presented at the conference of International Association for Relationship Research Conference, Colorado, USA.

Korkut, B\*, Kumru, A., İlhan, A., & **Arikan, G.** (2018, May). *The role of social support, maternal stress and mothers' perception of intentionality in toddlers' behavioral problems.* Poster presented at the conference of World Infant Mental Health Conference, Rome, Italy.

**Arikan, G.**, Çorapçı, F., & Kumru, A. (2017, June). *The role of maternal psychological well-being and mentalization in emotion socialization during toddlerhood.* International Attachment Conference, London, England.

Çorapçı, F., **Arikan, G.**, & Kumru, A. (2017, June). *The mediating role of emotion*

*socialization between maternal mentalization and toddlers' socio-emotional adjustment.* International Attachment Conference, London, England.

Karabulut, D\*, Ilhan, A., Kumru, A., & **Arikan, G.** (2016, November). *Erken çocukluk döneminde çocuk niyetliliği ölçeği'nin türk örneklemindeki sosyometrik özellikleri.* [Turkish psychometric properties of Infant Intentionality Questionnaire during early childhood period]. Poster presented at the 52<sup>nd</sup> National Psychiatry Congress, Antalya, Turkey.

Karabulut, D\*, Ilhan, A., Kumru, A., & **Arikan, G.** (2016, November). *erken çocukluk döneminde ebeveyn içsel düşünme işlevselliği ölçeği'nin türk örnekleminde görülen sosyometrik yapısı.* [The psychometric structure of parental reflective functioning questionnaire in a Turkish sample during early childhood]. Poster presented at the 52<sup>nd</sup> National Psychiatry Congress, Antalya, Turkey.

Aldan, P\*, Anıl E\*\*, Gökbalkan, C\*\*, Sarıçicek, D\*\*, Topgüloğlu, G\*\*, & **Arikan, G.** (2016, September). *Sosyoekonomik düzeyi düşük anneler için çocuk bakımında alınan desteğin, olumsuz benlik algısı, algılanan sosyal destek ve ebeveyn yeterliliği üzerindeki rolü.* [The role of child rearing support in negative self-view, perceived social support and parental sense of competence in mothers from low SES]. Poster presented at the 19<sup>th</sup> National Psychology Congress, Izmir, Turkey.

Ergün, E\*, Bingöl, B\*\*, Demizeren, G\*\*, Kalender, S\*\*, Yavuz, G\*\*, & **Arikan, G.** (2016, September). *Sosyoekonomik düzeyi düşük grupta yer alan annelerin ebeveyn özyeterliliği algısının, annelerin ve çocukların psikolojik sorunları üzerindeki aracı rolü.* [The mediating role of parental sense of competence between children's and mothers' psychological problems in low SES group]. Poster presented at the 19<sup>th</sup> National Psychology Congress, Izmir, Turkey.

Kurtşan, P\*, Ece, C\*\*, Eşitmez, S\*\*, Kutluay, E\*\*, Sözübir, T\*\*, & **Arikan, G.** (2016, September). *Erken çocukluk döneminde düşük sosyoekonomik düzeydeki annelerin psikolojik durumu ve çocukların davranış problemleri arasındaki ilişkiye algılanan sosyal desteğin etkisi* [The effect of perceived social support between the relationship of mothers psychological state and children's behavioural problems during early childhood in a low SES sample ]. Poster presented at the 19<sup>th</sup> National Psychology Congress, Izmir, Turkey.

Kafescioglu, N., **Arikan, G.**, Kumru, A., & Ledermann, T. (2015, August). *The role of conflict resolution in the relationship between attachment and dyadic adjustment in newlywed couples.* Poster presented at the 7th International Attachment Conference, NY, USA.

**Arikan, G.**, Kafescioglu, N., Kumru, A., & Ledermann, T. (2015, August). *The role of emotion regulation and attachment on psychophysiological stress responses of newlywed Turkish couples.* Poster presented at the 7th International Attachment Conference, NY, USA.

Carnelley, K., Hepper, E., Rowe, A.C., **Arikan, G.**, & Gramzow, R. (2015, February). *Attachment models and older adults' facial expressions following symbolic imposed closeness.* Poster presented at the 16th annual meeting of the Society for Personality and Social Psychology, California, USA.

- Arikan, G.** (2014, October). *The elephants in the psychotherapy room*. Paper presented at the Wealden Psychology Institute, 3<sup>rd</sup> International Seminar: Beliefs: I am OK-You're OK? TA, Faiths and Beyond: A world wide perspective, London, UK.
- Arikan, G. & Kumru, A.** (2013, June). *The effectiveness of life-skills training programme for adolescent girls in Turkey*. Poster presented at the 10<sup>th</sup> International Association for Adolescent Health Congress, Istanbul. Turkey.
- Kumru, A. & **Arikan, G.** (2013, April). *Effects of life skills training program on adolescent girls' self-esteem, communication skills, and academic success in Turkey*. Poster presented at the Society for Research in Child Development Biennial Meeting, Seattle, Washington, USA.
- Arikan, G.**, Carnelley, K., Stopa, L., Kumsta, R., Baldwin, D., & Karl, A. (2012, September). *Effect of primed attachment security and oxytocin on processing of trauma-related stress*. Paper presented at the 52<sup>nd</sup> Annual Meeting of Society for Psychophysiological Research, New Orleans, Louisiana, USA.
- Carnelley, K. B., Hepper, E. G., Rowe, A. C., **Arikan, G.**, & Gramzow, R. (2012, July) *Attachment orientation, threat and symbolic closeness to attachment networks*. Poster presented at the International Association for Relationship Research Conference, Chicago, Illinois, USA.
- Arikan, G.**, Carnelley, K. B., Hepper, E. G., Rowe, A. C., & Gramzow, R. (2012, May). *Symbolic closeness motivation as affect-regulation under threat: The role of attachment*. Poster presented at the Consortium of European Research on Emotion, Canterbury, Kent, UK.
- Carnelley, K. B., Hepper, E. G., Rowe, A. C., **Arikan, G.**, & Gramzow, R. (2012, January). *Heart rate and heart rate variability in response to imposed closeness*. Poster presented at the 13<sup>th</sup> Annual meeting of the Society for Personality and Social Psychology, San Diego, California, USA.
- Arikan, G.**, K. B. Carnelley, L. Stopa., Baldwin, D., & Karl, A. (2011, July). *Attachment dimensions as moderators for the effect of oxytocin after trauma films*. Poster presented at the 12<sup>th</sup> European Congress of Psychology, Istanbul, Turkey.
- Carnelley, K. B., Hepper, E. G., **Arikan, G.**, Rowe, A., & Gramzow, R. (2011, July). *Attachment and responses to imposed interpersonal closeness*. Poster presented at the 12<sup>th</sup> European Congress of Psychology, Istanbul Turkey.
- Carnelley, K. B., Hepper, E. G., **Arikan, G.**, Rowe, A., & Gramzow, R. (2011, July). *Heart Rate Responses to Imposed Closeness of Attachment Networks*. Poster presented at the 16<sup>th</sup> European Association of Social Psychology General Meeting, Stockholm, Sweden.
- Arikan, G.**, Carnelley, K., Stopa, L., Baldwin, D., & Karl, A. (2011, May). *Attachment style as a moderator for the effect of oxytocin and attachment priming*. Poster presented at the Implications of Research on the Neuroscience of Affect, Attachment and Social Cognition Conference, London, UK.
- Arikan, G.**, K. B. Carnelley, L. Stopa., Baldwin, D., & Karl, A. (2011, November). *Effect of*

*attachment security and oxytocin on PTSD*. Paper at the 27<sup>th</sup> Annual Meeting of the International Society of the Traumatic Stress Studies, Baltimore, Maryland, USA.

**Arikan, G.**, Carnelley, K., Stopa, L., D. Baldwin & Karl, A. (2010, August). *Oxytocin and secure attachment priming as physiological stress-buffers in the framework of trauma film paradigm*. Poster presented at the 2<sup>nd</sup> Biennial Conference of the International Association for the Study of Attachment, Cambridge, UK.

**Arikan, G.**, Carnelley, K., Stopa, L., & Karl, A. (2010, February). *The predictors of negative and positive changes following adverse life events*. Poster presented at the 18<sup>th</sup> European Congress of Psychiatry, Munich, Germany.

**Arikan, G.** (2010, April). *The positive and negative changes following adverse life events*. Poster presented at the University of Southampton Medicine, Health and Life Sciences Faculty Conference, Southampton, UK.

**Arikan, G.** & Gençöz, F. (2006, September). *Ethical violations in psychotherapy [Psikoterapide etik ihlaller]*. Paper presented at the 14<sup>th</sup> National Psychology Congress, Ankara, Turkey.

### **Expert Opinion Articles in National Newspapers & Research Appeared in Media**

Unhealthy Social-Media Habits? Blame Your Early Childhood Experiences by Julie Jargon, Wall Street Journal: [https://www.wsj.com/articles/unhealthy-social-media-habits-blame-your-early-childhood-experiences-11651861766?reflink=desktopwebshare\\_permalink](https://www.wsj.com/articles/unhealthy-social-media-habits-blame-your-early-childhood-experiences-11651861766?reflink=desktopwebshare_permalink)

What Attachment to Social Media May Reveal About One's Childhood by Phil Reed, Psychology Today: <https://www.psychologytoday.com/us/blog/digital-world-real-world/202203/what-attachment-social-media-may-reveal-about-ones-childhood>

**Arikan, G.** (18.06.2021). Güvenli bağlanmayı destekleyici öneriler [Recommendations to support secure attachment]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (11.06.2021). Bağlanma-odaklı müdahale/destek programları (4) [Attachment-based intervention/support programs (4)]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (04.06.2021). Bağlanma-odaklı müdahale/destek programları (3) [Attachment-based intervention/support programs (3)]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (28.05.2021). Bağlanma-odaklı müdahale/destek programları (2) [Attachment-based intervention/support programs (2)]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (21.05.2021). Bağlanma-odaklı müdahale/destek programları (1) [Attachment-based intervention/support programs (1)]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (14.05.2021). Güvenli bağlanmayı etkileyen risk faktörleri [Risk factors effecting secure attachment]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (07.05.2021). Bağlanmanın çocuğun gelişimine etkisi [Impact of attachment on child development]. Milliyet, Okul Öncesi: Evde Okul.

**Arikan, G.** (30.04.2021). Bağlanma, kardeşler ve akran ilişkileri [Attachment, siblings and peer relationships]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (23.04.2021). Baęlanmada babaların rolü. [Fathers' role in attachment]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (16.04.2021). Yeterince iyi anne-baba olabilmek ve baęlanma-2. [To be a good-enough-parent and attachment-2]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (09.04.2021). Yeterince iyi anne-baba olabilmek ve baęlanma-1. [To be a good-enough-parent and attachment-1]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (02.04.2021). Anne Duyarlılıęı ve Baęlanma. [Maternal Sensitivity and Attachment]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (26.03.2021). Çocuęun Mizacı ve Baęlanma. [Child's Temperment and Attachment]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (19.03.2021). Psikolojik Bozuklukların Nesiller Arası Aktarımında Baęlanmanın Rölü. [The Role of Attachment in Intergenerational transmission of Psychopathology]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (12.03.2021). Baęlanmanın Nesiller Arası Aktarımı. [Intergenerational transmission of Attachment]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (05.03.2021). Baęlanma ve Psikolojik Bozukluklar. [Attachment and Psychological Disorders]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (26.02.2021). Baęlanma ve Duygu Yönetimi. [Attachment and Emotion Regulation]. Milliyet, Okul Öncesi: Evde Okul.

**Arian, G.** (19.02.2021). Erken çocuktaki travmanın baęlanmaya etkisi. [Impact of Early Childhood Trauma on Attachment]. Milliyet, Okul Öncesi: Evde Tatil.

**Arian, G.** (12.02.2021). Güvenli ve Güvensiz Baęlanma Nedir? [What Is Secure and Insecure Attachment?]. Milliyet, Okul Öncesi: Evde Tatil.

**Arian, G.** (05.02.2021). Çocuęumuzla iliřkimiz: Baęlanma [Relationship with our child: Attachment]. Milliyet, Okul Öncesi: Evde Tatil.

### **Teaching**

Ozyeęin University since 2013: Ethical Issues in Psychology (402), Clinical and Health Psychology (PSY401), Introduction to Clinical Assessment and Interview Techniques (PSY404), Systems of Psychotherapy (PSY406), Attachment and Relationships (PSY315), Adult Psychopathology (PSY303), General Psychology (PSYCH100), Professional Ethics (PSY536), Psychopathology and Assessment (PSY534).

15.10.2010- 01.11.2011      Supervising final year project students and voluntary research assistants in University of Southampton, UK

25.02.2010- 25.03.2010      Part-time Lecturer at the Royal South Hants Hospital, Department of Psychiatry for MRCPsych course

23.02.2009- 08.01.2010      Teaching Assistant at the University of Southampton for Life-span and change: Adulthood and Aging (PSYC3017)

|                        |   |
|------------------------|---|
| 01.02.2009- 31.05.2009 | Part-time Lecturer at the University of Winchester for Introduction to Research Methods and Practice (PS1802) |
| 10.02.2009- 30.06.2009 | Part-time Lecturer at the University of Winchester for Cognitive Psychology (PS2801)                          |
| 30.09.2008- 16.12.2008 | Part-time Lecturer at the University of Winchester for Personality and Individual Differences (PS2804)        |

### **Editorial Experience**

Ad Hoc Reviewer: Journal of Traumatic Stress; Anxiety, Stress & Coping; Journal of Social and Personal Relationships; Psychological Trauma: Theory, Research, Practice, and Policy; Journal of Clinical Psychology; Anxiety, Stress, & Coping; Social Development; Child Psychiatry & Human Development; PLOS ONE; Journal of Marriage and Family; Marriage and Family Review; Current Psychology; Addicta: The Turkish Journal on Addictions; Journal of Social Psychiatry and Psychiatric Epidemiology; European Child & Adolescence Psychiatry; Scientific Reports, Psychology in Schools; Türk Psikoloji Dergisi, Emerging Adulthood, Clinical Psychologist, Journal of Marital and Family Therapy, Scientific Report; Early Childhood Education; The Journal of Genetic Psychology.

|               |  |
|---------------|--|
| 2024- present | Editorial Board Member of Psychological Trauma: Theory, Research, Practice, and Policy |
|---------------|--|

### **Reviews for Scientific Organizations**

3<sup>rd</sup> Conference on Parental Burnout (5<sup>th</sup>-6<sup>th</sup> of September, 2024) Scientific Committee Member.

Scientific and Technological Research Council of Turkey (TUBITAK): Grant Applications.

2<sup>nd</sup> Conference on Parental Burnout (6<sup>th</sup>-7<sup>th</sup> of May, 2021) Scientific Committee Member.

Ege University, Izmir, Turkey BAP grant application.

### **Workshops, Trainings & Certificates**

|                                |   |
|--------------------------------|---|
| 2026 (February)                | Emotional Availability Scales trainer training completion.  |
| 2021 (June)                    | Understanding, Diagnosing and Treating Parental Burnout. Certified by Training Institute for Parental Burnout, Prof. Moira Mikolajczak and Prof. Isabelle Roskam. |
| 2021 (June)                    | Emotional Availability Brief Feedback & Coaching (Part 1-2) by Dr Zeynep Bringen.   |
| 2018 (September)- 2019 (March) | Emotional Availability Scales-EAS (Level 1) Training, by Dr Zeynep Bringen. <i>Certified reliable EAS coder since 2019.</i>                                       |

|                               |  |
|-------------------------------|--|
| 2018 (July)- 2019 (January)   | Mentalizing the Body: Parental Embodied Mentalizing (PEM) in Research and in Clinical Practice Training. Anna Freud National Centre for Children and Families, London, July 2018, Course Leader Dr. Dana Shai. <i>Certified reliable PEM coder since 2019.</i> |
| 2015 (February)               | Psychotherapy with Narcissistic Clients, Dr Richard Erskin, Istanbul, Turkey   |
| 2014 (November)               | TA 202 Trauma and Recovery, Joanna Beazley (TSTA), Istanbul, Turkey  |
| 2013 (December)               | Theory and Methods of Integrative Psychotherapy, Richard G. Erskin (PhD), Istanbul, Turkey   |
| 2013 (November)               | TA 202 Life Scripts, Joanna Beazley Richard (TSTA), Istanbul, Turkey   |
| 2013 (June)                   | Physiological Survival Reactions, Implicit Experiential Conclusions, and Explicit Decisions: Methods in the Treatment of Life Scripts by Richard G. Erskin (PhD), Izmir, Turkey  |
| 2012 (September)- 2015        | M.Sc/Diploma in Transactional Analysis Psychotherapy, Metanoia Institute, validated by Middlesex University, UK  |
| 2012 (February)               | Introduction to Transactional Analysis (TA101), Wealden College, Sussex, UK  |
| 2011 (September)- 2012 (June) | Transactional Analysis Foundation Year training, Wealden College, Sussex, UK   |
| 2011 (November- January)      | Eye-tracking training in University of Southampton, School of Psychology, UK   |
| 2009 (September)              | Structural Equation Modelling for Cross-sectional Data, University of Southampton, Courses in Applied Social Surveys, UK   |
| 2009 (February)               | Survey Data Analysis II: Introduction to Linear Regression Modelling, University of Southampton, Courses in Applied Social Surveys, UK   |
| 2009 (January)                | Neuroanatomy for Psychiatry, one-day course, Institute of Child Health, London, UK   |
| 2008 (November)               | Survey Data Analysis I: Introducing descriptive and inferential statistics, University of Southampton, Courses in Applied Social Surveys, UK   |



2006 Thematic Apperception Test: From Application to Report,  
Turkish Psychological Association, Ankara, Turkey

### **Clinical Internships**

Dış Kapı SSK Research Hospital, Adolescent Clinic, Ankara, Turkey; Numune Research Hospital, Adult Psychiatry Clinic, Ankara, Turkey; Gulhane Military Academy of Medicine, Child and Adolescent Psychiatry Clinic, Ankara, Turkey; Dokuz Eylul University, Faculty of Medicine, Child and Adolescent Psychiatry Clinic, İzmir, Turkey; Ege University, Faculty of Medicine, Adult Psychiatry Clinic, Turkey.

### **Memberships**

Mother Child Education Foundation (AÇEV), Committee member of Renewal of Mother of 3-6-year Support Program. (2020)

British Psychological Society (2006- present).

European Federation of Psychology Students representative in European Federation of Psychological Associations Disaster Crises and Trauma Psychology Committee (2008-2009).