

CURRICULUM VITAE

Viola Sallay, Ph.D.
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EDUCATION

- 2014 - 2017 **Clinical Health Psychologist** licensure
University of Szeged, Hungary
- 2014 **Ph.D.** Eotvos Lorand University, Budapest, Hungary
Major: Behavioral Psychology
Thesis: Environmental-emotional processes of self-regulation
in the family home
Supervisor: Andrea Dúll, Ph.D.
- 2000 - 2004 **B.A. & M.A.**, Eotvos Lorand University, Budapest, Hungary
Major: Personality and Counseling Psychology

ACADEMIC EMPLOYMENT

- 2015 -
Present **Senior Lecturer**,
University of Szeged, Hungary
Institute of Psychology
- 2011 -
2015 **Senior Lecturer**
Semmelweis University, Budapest, Hungary
Institute of Mental Health
- 2009 -
2011 **Assistant Lecturer**
Semmelweis University, Budapest, Hungary
Institute of Mental Health
- 2004 -
2009 **Assistant Lecturer**
Károli Gáspár University, Budapest, Hungary
Institute of Psychology

PROFESSIONAL AFFILIATIONS AND SERVICES

Professional Organization Member

2003- present Hungarian Psychological Association
2004-present Hungarian Family Therapy Association

Committee Member

2015 - present Ethical Committee, Hungarian Psychological Association
2018 – present Member of the National Family Therapy Organizations Chamber,
European Association of Family Therapy

RESEARCH INTERESTS

Relationships, stress and well-being
Positive functioning in couples and communities
Self-regulation across the adult life-span
Applicability of qualitative methods in psychological research

RESEARCH EXPERIENCE

RESEARCH FELLOWSHIP

2018- Medical education on Medically Unexplained Symptoms and Intercultural Communication (MUSIC) – Erasmus+ Cooperation for Innovation and the Exchange of Good Practices – Strategic Partnerships for Higher Education – Partners: Erasmus University Medical Centre, Rotterdam (NL), Ghent University (BE), University of Szeged (HU, P.I.: Prof. Marta Csabai)
2015-2017 Public Health Focused Model Program for Primary Care Development – Evaluation of the Health Psychologist Service (under Swiss-Hungarian Cooperation Program, WP 7.2.3. Principal investigator: Prof. Marta Csabai, University of Szeged)
2013-2016 Goals, self-regulation and positive functioning in couples: a longitudinal analysis (Principal investigator: Tamás Martos, Ph.D., Semmelweis University, Budapest)
2007 – 2011 Examining the spirituality among helping professionals and graduate students (Principal investigator: Prof. Teodóra Tomcsányi, Semmelweis University, Budapest)

RESEARCH NETWORKS

2017- Member of the “EnviWell Research Group”, hosted at University of Tampere (FI) Principal investigator: Prof. Kalevi Korpela, <https://research.uta.fi/enviwell/>
2016 - 2018 Research fellow in: ICT COST Action IC1303 “Algorithms, Architectures and Platforms for Enhanced Living Environments (AAPELE)”

TEACHING EXPERIENCE

JOINT PROGRAMS

2017- “Health psychology as applied to healthcare settings”, lecturer
Joint certificate program of University of Toledo (OH) and University of Szeged

VISITING LECTURER

September 2015 University of Lisbon, Erasmus+ grant of the EU
May 2017 University of Milano, Erasmus+ grant of the EU
September 2017 University of Tampere, Erasmus+ grant of the EU
October 2018 Linnaeus University, Vaxjö, Sweden - Erasmus+ grant of the EU

INSTRUCTOR OF RECORD

University of Szeged

Ethics for Psychology, B.A. & M.A.
Research Methods in Qualitative Psychology, B.A.
Theories in Self-regulation Master Class, M.A.
Diagnostic Methods for Children and Families, M.A.

Semmelweis University

Family Psychology, M.A.

TEACHING ASSISTANTSHIPS

Semmelweis University

Counseling Methods, postgraduate courses

Karoli Gaspar University

General Psychology Lab: Emotion and Motivation, B.A.
Laboratory Instructor

PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES AND INVITED BOOK CHAPTERS

Sallay V, Martos T, Chatfield SL and Dúll A (2019) Strategies of Dyadic Coping and Self-Regulation in the Family Homes of Chronically Ill Persons: A Qualitative Research Study Using the Emotional Map of the Home Interview Method. *Frontiers in Psychology*, 10:403. doi: 10.3389/fpsyg.2019.00403

Martos T, **Sallay V**, Nagy M, Gregus H and Filep O (2019) Stress and Dyadic Coping in Personal Projects of Couples – A Pattern-Oriented Analysis. *Frontiers in Psychology*. 10:400. doi: 10.3389/fpsyg.2019.00400

Martos, T., Szabó, E., Koren, R., & **Sallay, V.** (2019). Dyadic Coping in Personal Projects of Romantic Partners: Assessment and Associations with Relationship Satisfaction. *Current Psycholog*, doi: 10.1007/s12144-019-00222-z

- Chang, E. C., Chang, O. D., Martos, T., **Sallay, V.**, Zettler, I., Steca, P. D'Addario, M., Boniwell, I., Pop, A., Tarragona, M., Slempp, G. R., Shin, J., de la Fuente, A., & Cardeñoso, O. (2018). The positive role of hope on the relationship between loneliness and unhappy conditions in Hungarian young adults: How pathways thinking matters. *The Journal of Positive Psychology*, 1-10.
- Chang EC, Chang OD, Martos T, **Sallay V**, Li X, Lucas AG, Lee J (2018). Does optimism weaken the negative effects of being lonely on suicide risk? *Death Studies: Counseling Research Education Care Ethics* 42:(1) pp. 63-68.
- Chang EC, Chang OD, Martos T, **Sallay V** (2018). Loss of Hope and Suicide Risk in Hungarian College Students: How the Presence of Perceived Family Support Makes a Positive Difference. *The family journal: counseling and therapy for couples and families* 26:(1) pp. 119-126.
- Konkolý Thege, B., **Sallay, V.**, Rafael, B., & Martos, T. (2018). A revised version of the Multidimensional Health Locus of Control Scales for Labour and Delivery (MHLCD-LDR): Development and Psychometric Evaluation. *European Journal of Mental Health*, 13:(1) pp. 5-18.
- Martos, T. & **Sallay, V.** (2017). Self-determination Theory and the emerging fields of Relationship Science and Niche Construction Theory. *European Journal of Mental Health*, 12, 73-87.
- Martos, T. & **Sallay, V.** (2017). Enhanced living environments from the viewpoint of socioecological psychology. Chapter accepted: Dobre C., Valderrama C., Ganchev I., Garcia N., Goleva R.I., (eds.). *Enhanced Living Environments: From Models to Technologies*. Institution of Engineering and Technology / SciTech Publishing
- Tomcsányi, T., **Sallay, V.**, Jáki, Zs., Török, P., Szabó, T., Ittész, A., Csáky-Pallavicini, K., Kiri, A. E., Horváth-Szabó, K., & Martos, T., (2017). Spirituality in Psychotherapy. An Analysis of Hungarian Psychoterapists' Experiences, a Grounded Theory Study. Accepted, *Archives for the Psychology of Religion*
- Chang EC, Chang OD, Martos T, **Sallay V**, Lee J, Stam KR, Batterbee CNH, Yu T (2017). Family Support as a Moderator of the Relationship Between Loneliness and Suicide Risk in College Students: Having a Supportive Family Matters! *The Family Journal: Counseling and Therapy for Couples and Families*, 25, 257-263.
- Chang EC, Martos T., **Sallay V**, Chang OD, Wright, KM, Najarian, A S-M, Lee, J. (2017). Examining Optimism and Hope as Protective Factors of Suicide Risk in Hungarian College Students: Is Risk Highest Among Those Lacking Positive Psychological Protection? *Cognitive Therapy and Research*, 41, 278-288.
- Chang EC, Chang OD, Martos T., **Sallay V**, Wright, KM, Najarian, A S-M, Lee, J. (2017). Validity of the Frequency of Suicidal Ideation Inventory in Hungarian adults. *Death Studies: Counseling Research Education Care Ethics*, 41, 236-240.
- Chang EC, Chang OD, Martos T, **Sallay V**, (2017). Future Orientation and Suicide Risk in Hungarian College Students: Burdensomeness and Belongingness as Mediators. *Death Studies: Counseling Research Education Care Ethics*, 41, 284-290.

- Chang, E. C., Chang, O. D., Martos, T., & **Sallay, V.**, (2017). Future orientation and suicide risk in Hungarian college students: burdensomeness and belongingness as mediators. *Death Studies*, Accepted, DOI: 10.1080/07481187.2016.1270371
- Chang, E. C., Martos, T., **Sallay, V.**, Chang, O. D., Wright, K. M., Najarian, A. S. M., & Lee, J. (2016). Examining Optimism and Hope as Protective Factors of Suicide Risk in Hungarian College Students: Is Risk Highest Among Those Lacking Positive Psychological Protection? *Cognitive Therapy and Research*, 41, 278–288. doi:10.1007/s10608-016-9810-0
- Martos, T., **Sallay, V.**, Tóth-Vajna, R. (2016). Dyadic coping in Hungarian Couples. In: M. K. Falconier, A. K. Randall, G. Bodenmann (Eds.) *Couples Coping with Stress: A Cross-Cultural Perspective*. New York; London: Routledge. pp. 170-186.
- Martos, T., **Sallay, V.**, Kézdy, A. (2013). Everyday goals, religious motivations, and well-being: The mediating role of emotions, *Studia Psychologica*, 55, 221-227.
- Tomcsányi, T., Török, G., Csáky-Pallavicini, R., Ittész, A., **Sallay, V.**, Martos, T., Török, P. (2013). An Ecumenical, Interdisciplinary, and Integrating Specialization Program in Pastoral Counseling in East Central Europe. *Journal of Psychology and Theology*, 41, 62-77.

MANUSCRIPTS IN PREPARATION/SUBMITTED FOR REVIEW

UNDER REVIEW

- Martos, T., **Sallay, V.**, Rafael, B., & Konkoly Thege, B. (submitted). Preferred way of giving birth in nulliparous women: the role of control beliefs. *BMC Pregnancy and Childbirth*
- Carbonneau, N., Martos, T., **Sallay, V.**, Rochette, S., & Koestner, R. (submitted). Autonomy and Directive Goal Support in Romantic Relationships: Examining Mutuality, Differences of Perspectives, and Associations with Relationship Satisfaction. (*Motivation and Emotion*).

IN PREPARATION

- Sallay, V.**, Martos, T., Chatfield, S. L., & Düll, A. (in prep.). Emotional Map of the Home Interview: new research tool for family studies. (*Journal of Family Therapy*)
- Martos, T., Kim, S.-K., & **Sallay, V.**, (in prep.). Conflict, cooperation and support in personal projects of couples: a relationship profile analysis. (*Personal Relationships*).
- Martos, T., **Sallay, V.**, & Lakatos, Cs. (in prep.). Pattern focused analysis of dyadic data: an emerging holistic approach for relationship science. (*Journal of Social and Personal Relationships*)

CONFERENCE PRESENTATIONS

TALKS AT INTERNATIONAL CONFERENCES

- Sallay, V., & Martos, T.** (2018). Emotional Mapping – Discovering the Power of Places in the Promotion of Well-being. Workshop. 9th European Conference on Positive Psychology. June 27-31., 2018. Budapest, Hungary
- Martos, T., & **Sallay, V.** (2018). Personal Niches – How we Promote our Health and Well-being by Places and Relationships. Oral presentation. 9th European Conference on Positive Psychology. June 27-31., 2018. Budapest, Hungary
- Martos, T., **Sallay, V.,** & Matuszka, B. (2018). Meaningful Work Experiences among Hungarian Employees: a Socioecological Approach. Oral presentation. 9th European Conference on Positive Psychology. June 27-31., 2018. Budapest, Hungary
- Martos, T., **Sallay, V.,** & Ecsery, A. (2014). Personal projects and well-being in dyadic context – a self-determination theory approach. 7th European Conference on Positive Psychology. July 1-4., 2014. Amsterdam, Netherlands
- Martos, T., & **Sallay, V.** (2013). Personal Project Analysis Schedule for Couples – a new assessment tool for couple therapy. 8th Congress of the European Family Therapy Association. 24.10.-27.10, 2013, Istanbul, Turkey
- Sallay, V.,** Martos, T., Császár, N., Kováts, D., Békés J., & Dúll, A. (2013). Emotional Map of the Home Interview: Research and Practice. 8th Congress of the European Family Therapy Association. 24.10.-27.10, 2013, Istanbul, Turkey

POSTERS AT INTERNATIONAL CONFERENCES

- Martos, T., & **Sallay, V.** The Personal Project Analysis Schedule for Couples (PPA-C) - first data for a new assessment tool (2014) Heidelberg 1. European Conference on Systemic Research in Therapy Education and Organizational Development March 6 - 8, 2014 University of Heidelberg
- Desfalvi, J., **Sallay, V.,** & Martos, T. (2016, October). Relationship experiences and motivational patterns of women battling breast cancer-an interpretative phenomenological analysis. In *Psycho-Oncology* (Vol. 25, No. SP. S 3, pp. 72-72). 111 River St, Hoboken 07030-5774, NJ USA: Wiley-Blackwell.
- Tomcsányi, T., **Sallay, V.,** Martos, T., Szabo, T., & Jaki, Zs. (2011). Spirituality and Psychotherapeutic Praxis. Qualitative Analysis of Hungarian Psychotherapists' Experience. Conference of the International Association for the Psychology of Religion, 21–25. August 2011, Bari, Italy

REFERENCES

Dr. Mariana Falconier, Ph.D., Virginia Polytechnic Institute and State University,
marianak@vt.edu

Prof. Kalevi Korpela, Ph.D., University of Tampere, Finland, kalevi.korpela@tuni.fi

Prof. Guy Bodenmann, University of Zurich, guy.bodenmann@psychologie.uzh.ch