

**AYŞE ALTAN ATALAY**

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**EDUCATION**

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- 2005-2011 ***Ph.D., Clinical Psychology***, Middle East Technical University  
Dissertation: “Looming vulnerability and perfectionism as mediating factors between parental bonding, social anxiety and depression”
- 1999-2001 ***M.A., Clinical Psychology***, Boğaziçi University  
Thesis: “Body image dissatisfaction, self-esteem and anxiety in plastic surgery patients”
- 1995-1999 ***B.A., Psychology***, Bogazici University, Istanbul, Turkey

**CLINICAL EXPERIENCE**

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- July 2001-  
June 2014 ***Clinical Psychologist***, Boğaziçi University Center for Psychological Services (BÜPAM)  
Duties: Provided individual cognitive-behavioral therapy for adolescents and adults and psychological and neuropsychological assessment of adults.
- Feb 2010-  
June 2010 ***Psychology Trainee***, Istanbul University Faculty of Medicine  
Duties: Attended sessions with adolescents and families as a process observer
- Oct 2009-  
Jan 2010 ***Psychology Trainee***, Istanbul University Faculty of Medicine, Department of Psychiatry  
Duties: Assisted group psychotherapy as process observer.
- Oct 2006-  
July 2007 ***Psychology Trainee***, UYAREM, METU Psychology Department Counseling Center  
Duties: Provided direct therapeutic services and psychological assessment of adults, adolescents, and children in adult, intensive treatment, center for recovery, and child/adolescent units; co-led adult groups including process group, relaxation training, and depression education, and adolescent groups addressing family issues, interpersonal relationships, coping skills.

- Oct 2000-  
July 2001 **Psychology Trainee**, Boğaziçi University Center for Psychological Services.  
Duties: Provided individual psychotherapy for adults using cognitive-behavioral and psychodynamic approaches
- Oct 2000-  
July 2001 **Psychology Trainee**, Bakırköy Hospital of Mental Disorders and Neurology  
Duties: Attended visits and sessions as a process observer and provided individual psychotherapy using cognitive-behavioral approaches.

### **ACADEMIC TITLES**

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- 2025 March **Associate Professor**, Department of Psychology, Kadir Has University
- 2023 July **Assistant Professor**, Department of Psychology, Kadir Has University
- 2022 April **Associate Professor** (granted by the Turkish Inter-University Board)
- 2013-2016 **Assistant Professor**, Department of Psychology, Yeditepe University

### **ACADEMIC POSITIONS**

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- 2025- **Associate Professor**, Department of Psychology, Özyeğin University
- 2025 - 2025 **Associate Professor**, Department of Psychology, Kadir Has University
- 2023- 2025 **Assistant Professor**, Department of Psychology, Kadir Has University
- 2016-2023 **Instructor**, Department of Psychology, Koç University
- 2013-2016 **Assistant Professor**, Department of Psychology, Yeditepe University

### **TEACHING EXPERIENCE**

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- 2025- **Associate Professor**, Department of Psychology, Özyeğin University  
Positive Psychology  
Systems of Psychotherapy
- 2023- 2025 **Associate Professor**, Department of Psychology, Kadir Has University  
Clinical Psychology  
Testing and Measurement in Psychology  
Psychopathology  
Positive Psychology
- 2016-2023 **Instructor**, Department of Psychology, Koç University

Psychology  
 Testing and Measurement in Psychology  
 Clinical Psychology  
 Abnormal Psychology  
 Executive Functions, and Self-Regulation  
 Personality Theories  
 Resilience and Well-Being  
 Clinical Psychology (Graduate Course)  
 Testing and Measurement in Clinical Psychology (Graduate Course)

- 2013-2016    **Assistant Professor**, Department of Psychology, Yeditepe University  
 Introduction to Psychology I & II  
 Clinical Psychology  
 Measurement in Psychology  
 Psychopathology  
 Selected Topics in Clinical Psychology  
 Readings and Research in Clinical Psychology
- 2010-2013    **Instructor**, Department of Psychology, Yeditepe University  
 Introduction to Psychology, Clinical Psychology
- 2011-2012    **Instructor** Department of Psychology, Boğaziçi University  
 Introduction to Psychology II

## **RESEARCH EXPERIENCE**

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- 2018 summer    **Visiting Researcher**, George Mason University, VA, ABD. John H. Riskind,  
 Cognitive Vulnerability Lab.
- Sept 2001-    **Research Assistant**, Boğaziçi University, Psychology Department  
 Jan 2004

## **PUBLICATIONS**

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- Riskind, J. H., Altan-Atalay, A., Kleiman, E., & Sison, J. (accepted). Perseverative Effort and Grit but not Gratitude are Protective Against Anxiety for Cognitively At-risk Individuals
- Altan-Atalay, A., Ranjbar, H.A., & Altıntaş, S. (in press). The Associations between Deviation from the Balanced Time Perspective and Depression and Anxiety: The Moderator Role of Mindfulness in a Two-Wave Study. *Psychological Reports*.
- Abdulcebbar, A., & Altan-Atalay, A. (in press). The Relationship Between Perfectionism and Stress Generation: The Moderating Role of Looming Cognitive Style. *Current Psychology*.

- Altan-Atalay, A., Gökdağ, C., & King, N** (2025). Cognitive Styles and Behavioral Systems: Linking Looming Cognitive Style and Reinforcement Sensitivity. *Personality and Individual Differences*.
- Ranjbar, H. A., **Altan-Atalay, A.**, Asgarabad, M. H., Turan, B., & Eskin, M. (2025). Deviation from the Balanced Time Perspective and Mediating Roles of Cognitive-Behavioral Emotion Regulation on Depression and Anxiety Symptoms: A Moderated-Mediation Cross-Cultural Model. *Frontiers in Psychiatry*.
- Şener, G., & **Altan-Atalay, A.** (in press). The Tolerance of Uncontrollability and Psychopathology: The Role of Maladaptive Emotion Regulation Strategies. *Cognitive Therapy and Research*.
- Altan-Atalay, A.**, Kaya-Kızılöz, B., & Özdemir, A. B. (2025). Mistake Rumination: A standardization study. *Klinik Psikoloji Dergisi*
- Ranjbar, H. A., **Altan-Atalay, A.**, & Eskin, M. (in press). Understanding the Immediate and Longitudinal Effects of Emotion Reactivity and Deviation from Balanced Time Perspective on Symptoms of Depression and Anxiety: Latent Growth Curve Modeling. *International Journal of Cognitive Therapy*, 1-27.
- Pruessner, L., & **Altan-Atalay, A.** (2025). Cultural Context Shapes the Selection and Adaptiveness of Interpersonal Emotion Regulation Strategies. *Emotion*
- Altan-Atalay, A.** Abdulcebbar, A., Kantarci, L., & Yilmaz, E. (2024). The roles of intolerance of uncertainty and mindfulness in psychological distress: A two-wave longitudinal study. *Current Psychology*. 43(31), 25621-25628.
- Altan-Atalay, A.**, Cinli, D., Aksungur, S. U., & Türkakın, E. (2024). Attentional Control Scale (ACS): A Psychometric Qualities and Factor structure of the Turkish Version and a Comparison with Behavioral Measures of Executive Attention. *AYNA Klinik Psikoloji Dergisi*, 11(2), 373–399.
- Altan-Atalay, A.**, & Boluvat, M. F. (2024). Cognitive Flexibility and depression: The moderator roles of humor styles. *Current Psychology*. 43(23), 20814-20823
- Altan-Atalay, A.** & Sohtorik İlkmen (2024). Turkish norms for Negative Mood Regulation Expectancies Scale. *Psikoloji Çalışmaları*, 44, 58-77.
- Tatar, B.H., Ozkok, H., **Altan-Atalay, A.** & Turan, B. (2024). Vertical individualism orientations and mental health stigma: The mediating role of belief in free will. *Current Psychology*. 43(13), 11663-11672.
- Altan-Atalay, A.** Gökdağ, C., King, N., Tezel, S., & Sözeri, Y. (2023). Looming cognitive style: How it mediates the association of harm avoidance with trait and state emotion regulation difficulties. *International Journal of Cognitive Psychotherapy*, 1-23.
- Altan-Atalay, A.**, King, N., Tuncer, İ., Sözeri, Y., Tezel, S., & Önel, B. (2023). Repetitive negative thinking during ambiguous situations: Interactive roles of Looming Cognitive Style and Intolerance of Uncertainty. *Journal of Behavior Therapy and Experimental Psychiatry*. 79, 101840.
- Zeytun, D., & **Altan-Atalay, A.** (2023). An integrative model of the association between leadership styles and employee's self-handicapping behavior. *Psychology of Leaders and Leadership*, 26(2), 93–114.
- Ray-Yol, E., Yedidağ, E., Söğüt-Kahramanlar, M., Özdemir, A. B., & **Altan-Atalay, A.** (2023). Psychometric Properties of Interpersonal Emotion Regulation Questionnaire in Turkish Adolescents. *Current Psychology*. 42(35), 31551-31558.
- Kaya Bican, E., Saritas-Atalar, D., & **Altan-Atalay, A.** (2023). The Link between Maternal Emotion Socialization Practices and Turkish Preschoolers' Emotion Regulation: Moderating Roles of Paternal Emotional Support. *Current Psychology*, 42(33), 29539-29548.
- Türkmen, İ., Rodoplu, N., Üner, B. S., Esmer, Ş. C., **Altan-Atalay, A.**, & Ece, B. (2023). When the UPPS-P Model of impulsivity meets a revised approach: The development and validation of the TRUE Multidimensional Impulsivity Scale. *Journal of Personality Assessment*, 105(3), 355-370.
- Arslan, İ., & **Altan-Atalay, A.** (2022). Too perfectionist to flow: The roles of perfectionistic strivings and perfectionistic concerns for flow in dance. *Current Psychology*, 42(26), 22506-22513.
- Abdollahpour Ranjbar, H. A., Yilmaz, E., Abdulcebbar, A., Kantarci, L., Altıntaş, S., Eskin, M., & **Altan-Atalay, A.** (2023). Deviation from balanced time perspective and psychological distress:

- The mediating roles of cognitive fusion and experiential avoidance. *Current Psychology*, 42(24), 20905-20915.
- Altan-Atalay, A.,** Ece, B., Hangül, E., & Gürdal, L. (2023). Fear of Sleep Inventory- Short Form (FoSI-SF): A validation study for Turkish speaking populations. *Current Psychology*, 42(21), 18123-18132.
- Altan-Atalay, A.** Kaya-Kızılöz, B., Sohtorik İlkmen, Y., & Kozol, E. (2022). The impact of concrete and abstract rumination on negative affect intensity: The moderator role of cognitive flexibility. *Journal of Behavior Therapy and Experimental Psychiatry*, 74, 101691.
- Söğüt, M., Ray-Yol, E., Yedidağ, E., Özdemir, A. B., & **Altan-Atalay, A.** (2022). Problem Orientation and Psychological Distress among Adolescents: Do cognitive emotion regulation strategies mediate their relationship? *Psychological Reports*, 125 (5), 2317-2336.
- Ray, E., Ülbe, S., Temel, M., & **Altan-Atalay, A.** (2020). Interpersonal Emotion Regulation Strategies: Can they function differently under certain conditions in a non-WEIRD sample? *Current Psychology*, 41(4), 2364-2371.
- Altan-Atalay, A.** & Ray-Yol, E. (2023). Interpersonal and Intrapersonal Emotion Regulation Strategies: How do they interact and influence fear of negative evaluation? *Current Psychology*, 42(6), 4498-4503
- Ray, E., & **Altan-Atalay, A.** (2022). Interpersonal Emotion Regulation and psychological distress: The mediating role of Negative Mood Regulation Expectancies. *Psychological Reports*, 125 (1), 280-293.
- Altan-Atalay, A.,** & Saritas-Atalar, D. (2021). Interpersonal Emotion Regulation Strategies: How do They Interact with Negative Mood Regulation Strategies in the Prediction of Anxiety and Depression? *Current Psychology*, 41(1), 379-385.
- Söğüt, M., Göksun, T., & **Altan-Atalay, A.** (2021). The role of numeracy skills on the Wisconsin card sorting test (WCST) performances of 5- to 8-Year-old Turkish children. *British Journal of Developmental Psychology*, 9, 231-246.
- Altan-Atalay, A.** & Zeytun, D. (2020). The association of negative urgency with psychological distress: Moderating role of proactive coping strategies. *The Journal of Psychology*, 154, 487-498.
- Bıçaker, E., & **Altan-Atalay, A.** (2020). Body dissatisfaction and bulimic symptoms: Unique role of self-compassion as a buffer. *Mindfulness*, 11, 1792-1801.
- Altan-Atalay, A.,** Ozarslan, I., & Biriz, B. (2020). Negative Urgency and Time Perspective: Interactive associations with Anxiety and Depression. *Journal of General Psychology*, 147, 293-307.
- Altan-Atalay, A.,** Kaya-Kızılöz, B., Dönger, İ. & Demiray, D. (2020). Brief State Rumination Inventory: A standardization study for Turkish speaking population. *Journal of Behavioral Assessment and Psychopathology*, 42,397-407.
- Altan-Atalay, A.,** & Sohtorik İlkmen, Y. (2020). Attachment and Psychological Distress: The mediator role of Negative Mood Regulation Expectancies. *Journal of Clinical Psychology*, 76, 778-786.
- Altan-Atalay, A.** (2020). An exploration of moderator effect of Negative Mood Regulation Expectancies in the association of Looming Cognitive Style with Trait Anxiety. *Current Psychology*, 39, 2159-2165.
- Temel, M. & **Altan-Atalay, A.** (2020). The relationship between perceived maternal parenting and psychological distress: Mediator role of self-compassion. *Current Psychology*, 39, 2203-2210.
- Saritas-Atalar, D., & **Altan-Atalay, A.** (2020). Differential roles of early maladaptive schema domains on the link between perceived parenting behaviors and depression, anxiety and anger. *Current Psychology*, 39, 1466-1475.
- Sohtorik İlkmen, Y. & **Altan-Atalay, A.** (2020). Executive functions and depression in a geriatric population: The specific role of repetitive negative thinking. *Psikoloji Çalışmaları*.
- Altan-Atalay, A.** & Ayvaşık, B. (2019). Antecedents of Looming Cognitive Style (LCS): Its association with perceived parenting, and attachment. *Psychological Reports*, 122, 96-107.
- Altan-Atalay, A.** (2019). Interpersonal Emotion Regulation: Associations with Attachment and Reinforcement Sensitivity. *Personality and Individual Differences*, 139, 290-294.

- Altan-Atalay, A.** (2018). Moderator role of Looming Cognitive Style (LCS) in the relationship between attentional control and anxiety: Difference between shifting and focusing dimensions. *Journal of Psychology*, 152(7), 445- 455.
- Altan-Atalay, A. & Saritas-Atalar, D.** (2018). Psychometric qualities of Turkish version of Perseverative Thinking Questionnaire (PTQ). *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 36(3), 252-266.
- Altan-Atalay, A.** (2018). Looming Maladaptive Style as a Moderator of the Association between maladaptive perfectionism and anxiety. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 36(4), 333-342.
- Altan-Atalay, A.** (2018). Looming Cognitive Style (LCS), Repetitive Negative Thinking (RNT) and Anxiety: A Cross-Sectional Study. *International Journal of Cognitive Psychotherapy*, 11(3), 262-271.
- Altan-Atalay, A., & Saritas-Atalar, D.** (2018). Bilişsel Abartma Tarzı Ölçeği (BATÖ) Türkçe Formu'nun Psikometrik Özellikleri. *Klinik Psikiyatri*, 21(1), 52-60.
- Hong, R.Y., Riskind, J. H., Cheung, M. W., ...Kleiman, E. M. (2017). The Looming Maladaptive Style Questionnaire: Measurement invariance and relations to anxiety and depression across 10 countries. *Journal of Anxiety Disorders*, 49, 1-11.
- Saritas-Atalar, D., & **Altan-Atalay, A.** (2017). Differentiation of maternal availability and adolescent dependency on mothers as moderators on the relation between personality and emotion regulation strategies. *Personality and Individual Differences*, 106, 190-195.
- Altan-Atalay, A., Şentürk, N., Yeniad, N., ve Yeniçeri, N.** (2017). 6 -11 Yaş Grubu Çocuklarda Wisconsin Kart Eşleme Testi Performansında Gözlenen Değişimler. *Çocuk ve Gençlik Ruh Sağlığı Dergisi*, 24(1), 5-14.
- Senturk, N., Yeniceri, N., Alp, İ. E. & **Altan-Atalay, A.** (2014). An exploratory study on the Junior Brixton Spatial Rule Attainment test in 6- to 8-year-olds. *Journal of Psychoeducational Assessment*, 32 (29), 123-132.
- Yeniceri, N. & **Altan-Atalay, A.** (2011). Age related changes in the Wisconsin Card Sorting Test performances of 8- to 11-year-old Turkish children. *The Clinical Neuropsychologist*, 25(7), 1179-1192.
- Altan-Atalay, A., & Gençöz, T.** (2008). Critical factors of social physique anxiety: Exercising and body image satisfaction. *Behaviour Change*, 25, 178-188.
- Topçuoğlu, V., Biçer, D., **Altan, A., Köksal, F., & Yöney, H.** (2003). Obsesif kompulsif bozukluk hastalarında ilaç tedavisine yanıtın dört sistem endişe envanteriyle değerlendirilmesi. *3P Dergisi*; 11(3), 207-212.

## **BOOK CHAPTERS**

- Kaya Kızılöz, B., & **Altan-Atalay, A.** (2018). Otobiyografik bellek ve psikopatoloji. In *Hayatı Hatırlamak* (S. Gülgöz, B. Ece, & S. Öner Eds.). Istanbul: Koç University Press.
- Saritas-Atalar, D., & **Altan-Atalay, A.** (2018). Ergenlik döneminde duygu düzenleme ve ruh sağlığı: Ana-babanın ve mizacın rolü. *Türkiye Klinikleri*
- Arslan, S., **Altan-Atalay, A., & Aycan, Z.** (2021). Worries about losing leadership in family business. In *Family Bussines: Bussiness Models and Strategies* (Eds). Ankara: Gazi Press.
- Altan-Atalay, A., & Söğüt, M.** (2022). From theory and research to clinical practice: Recent trends in the field of IER.
- Altan-Atalay, A., & Sohtorik İlkmén, Y.** (2023). Bilişsel Abartma Tarzı. In C. Gökdağ & S. K. Başaran (Eds.) *Psikopatolojilerde Bellek ve Bellek Yanlılıkları*. İstanbul: Nobel Yayınevi (in Turkish).

## **EDITED BOOKS**

- Altan-Atalay, A., Kaya-Kızılöz, B., & Saritas-Atalar, D.** (2023). *Teoriden Pratiğe Duygu Düzenleme*. Koç Üniversitesi Yayınları.

## **MANUSCRIPTS UNDER REVIEW**

- Boluvat, F. M., & **Altan-Atalay, A.** (under review). Time Perspective and Psychopathology: Mediator Role of Humor Styles
- Kaya, G., Saritas-Atalar, D., & **Altan-Atalay, A.** (under review). Perceived Parental Psychological Control and Impostor Phenomenon: The Mediator Role of Schema Domains.
- Riskind, J. H., & **Altan-Atalay, A.** (under review). Does Rumination Mediate the Relationship Between the Looming Cognitive Style and Depression?

## **MANUSCRIPTS IN PREPARATION**

- Altan-Atalay, A.**, & Riskind, J. H., (in prep). Unveiling the Protective Dynamics of a Balanced Time Perspective: Investigating Looming Cognitive Style as a Moderator
- Ünsal E., & **Altan-Atalay, A.** (in prep). Eating Expectancies and Negative Urgency: Associations with External and Emotional Eating.
- İşçi, A., Baddal, B., Aycan, B. P., Acı, S., & **Altan-Atalay, A.** (in prep). Negative Urgency and Intuitive eating: Mediator and moderator roles of emotion regulation difficulties and mindfulness among women
- Tuncer, İ., & **Altan-Atalay, A.** (in prep). Relationship Between Urgency and Borderline Traits: Mediating Role of Emotion Regulation.
- Baddal, B. & **Altan-Atalay, A.** (in prep). An examination of the relationship between sociocultural pressures and body image among women: The roles of body surveillance, body shame and self-compassion.
- Gençoğlu, İ. & **Altan-Atalay, A.** (in prep). Maladaptive Perfectionism and Negative Mood Regulation Expectancies: Their role on post-event processing levels.
- Altan-Atalay, A.** Orhan, F., & Tekniker, İ. (in prep). Adaptation of Anticipatory Social Behaviors Scale to Turkish speaking population: A Measure of Anticipatory Processing.
- Altan-Atalay, A.**, Riskind, J. H., & Duyan Y. A. (in prep). Interactive effects of attentional control and LCS in subjective perception of time.
- Altan-Atalay, A.**, Basanovic, J., & Riskind, J. H. (in prep). Looming Cognitive Style and inhibition capacity.
- Ilgaz, A. & **Altan-Atalay, A.** (in prep). Psychometric characteristics of Temporal experience of pleasure scale (TEPS) in Turkish speaking population.
- Yeniceri, N. & **Altan-Atalay, A.** (in prep). Tracing developmental trajectory of executive functions during adolescence: A longitudinal Study.

## **ORAL PRESENTATIONS**

- Altan-Atalay, A.**, Gökdağ, C., Cengiz, B., & King, N. (2024). *Eko-Anksiyete Ne Zaman İşlevsel Hale Gelir? Bilişsel Abartma Tarzı ve Kontrol Edilemezliğe Toleransın Düzenleyici Rollerini. 2. Psikolojide Çevre ve İklim Değişikliği Çalışmaları Sempozyumu, 23-24 Kasım, Çanakkale, Türkiye.*
- Söğüt-Kahramanlar, M., Uysal, B., & **Altan-Atalay, A.** (2024). *Examining the Influence of Situational Factors on Reappraisal Efficiency among Turkish Adult Participants: An Exploratory Study. 54<sup>th</sup> Annual Congress of European Association of Behavioral and Cognitive Therapies, Sept. 4<sup>th</sup>-7<sup>th</sup>, Belgrade, Republic of Serbia.*
- Peksevim, E., Temur, B., & **Altan-Atalay, A.** (2024). *The Association of Contrast Avoidance and Looming Cognitive Style with Anxiety and Depression: The Mediator Role of Repetitive Negative Thinking. 54<sup>th</sup> Annual Congress of European Association of Behavioral and Cognitive Therapies, Sept. 4<sup>th</sup>-7<sup>th</sup>, Belgrade, Republic of Serbia.*
- Altan-Atalay, A.**, Kaya-Kızılöz, B., & Alpay, E. (2023). *Bilişsel abartma tarzı ve bellek. 7. Deneyisel Bilişsel Psikoloji Sempozyumu, 5-6 Ekim, Gazi Magosa, Kuzey Kıbrıs Türk Cumhuriyeti.*

- Gönül, S., İşçi, A., Baddal, A., Alp, İ, Savaş, Z., & **Altan-Atalay, A.** (2022). *Aciliyet hissi ve kaygı arasındaki ilişkide duygu düzenleme gücü ve bilinçli farkındalığın rolleri*. 6. Uluslararası Kognitif-Davranışçı Terapiler Kongresi, 17-19 Kasım, İstanbul, Türkiye.
- Zeytun, D., & **Altan-Atalay, A.**, (2021). *Self-handicapping is not only your fault: The effect of leadership styles on employees' self-handicapping behavior*. International Congress of Psychology (ICP), July 18-23<sup>th</sup>, Prague, Czech Republic.
- Altan-Atalay, A.**, & Yedidağ, E. (2021). *Roles of time perspective and distress tolerance in the relationship between looming cognitive style and anxiety: A mediated moderation study*. International Congress of Cognitive Psychotherapy (ICCP), June 29<sup>th</sup>- July 1<sup>st</sup>, Rome, Italy.
- Altan-Atalay, A.** & Sohtorik İlkmen, Y. (2019). *The mediating role of distress tolerance in the relationship between coping and psychological distress among Turkish adults*. 1<sup>st</sup> European Congress on Clinical Psychology and Psychological Treatment, (EACLIPT). Oct 31<sup>st</sup>-Nov 2<sup>nd</sup>, Dresden Germany
- Temel, M., & **Altan-Atalay, A.** (2017). *Perceived maternal parenting and self-compassion as predictors of psychological distress during adolescence*. 47<sup>th</sup> Annual Congress of European Association of Behavioral and Cognitive Therapies, Sept. 13<sup>th</sup>-16<sup>th</sup>, Ljubljana, Slovenia.
- Altan-Atalay, A.** (2017). *Different forms of repetitive negative thinking as mediators in the relationship of Looming Cognitive Style (LCS) with anxiety and depression*. 9<sup>th</sup> International Congress of Cognitive Psychotherapy (ICCP), June 29<sup>th</sup>- July 1<sup>st</sup>, Cluj-Napoca, Romania.
- Altan-Atalay, A.**, & Ayvasik, B. (2016). *Looming Maladaptive Style (LMS): Its association with perceived parenting, depression, and social anxiety in a group of Turkish university students*. 31<sup>st</sup> International Congress of Psychology (ICP), July 24-29, Yokohama, Japan.
- Altan-Atalay, A.**, & Sarıtaş Atalar, D. (2015). *Moderating effects of negative mood regulation expectancies in the relationship between perfectionism and depression*. 15<sup>th</sup> European Congress of Psychology (ECP), July, 8-11, Milan, Italy.
- Altan-Atalay, A.**, & Fıfıloğlu, H. (2007). *Movie analysis: "My left foot" according to Satir Model. "The world family conference"*, Prague.

## **POSTER PRESENTATIONS**

- Sevin, G. & **Altan-Atalay, A.** (2024). *The Relationship Between Rejection Sensitivity and Social Anxiety: Mediator Role of Post-Event Processing and Moderator Role of Difficulties in Emotion Regulation*. 54<sup>th</sup> Annual Congress of European Association of Behavioral and Cognitive Therapies, Sept. 4<sup>th</sup>-7<sup>th</sup>, Belgrade, Republic of Serbia
- Erşahin, M., Peksevim, E., & **Altan-Atalay, A.** (2024). *Mindfulness and Psychological Distress: Mediator Roles of Deviance from Negative Time Perspective and Delay of Gratification*. 54<sup>th</sup> Annual Congress of European Association of Behavioral and Cognitive Therapies, Sept. 4<sup>th</sup>-7<sup>th</sup>, Belgrade, Republic of Serbia
- Gürbüz, A. R., Artunay, T. Z., Yılmaz, E. G., King, N., Gergeri, Ö. S., **Altan-Atalay, A.** (2024). *Transdiagnostic Risk Factors and Sexual Satisfaction: A Serial Mediation Model*. 54<sup>th</sup> Annual Congress of European Association of Behavioral and Cognitive Therapies, Sept. 4<sup>th</sup>-7<sup>th</sup>, Belgrade, Republic of Serbia
- Özdemir, A. B. & **Altan-Atalay, A.** (2023). *The Mediator Role of Emotion Regulation Difficulties in Mistake Rumination — Social Anxiety Relationship*. The 48<sup>th</sup> Annual Congress of the European Association for Behavioural and Cognitive Therapies, October 4-7, Antalya, Turkey.
- Şener, G., Peksevim, E., Koman, A., Uygun, M. M., & **Altan-Atalay, A.** (2023). *Means-Ends Problem Solving (MEPS) Task: Psychometric Evaluation of Turkish Version*. The 48<sup>th</sup> Annual Congress of the European Association for Behavioural and Cognitive Therapies, October 4-7, Antalya, Turkey.



- Peksevim, E., Şener, G., Artunay, T., & **Altan-Atalay, A.** (2023). *The role of negative problem orientation, Metacognition, and Problem-Solving Styles in anxiety: A Moderated Mediation Model*. The 48<sup>th</sup> annual Congress of the European Association for Behavioural and Cognitive Therapies, October 4-7, Antalya, Turkey.
- İpekçi, İ. C., & **Altan-Atalay, A.** (2023). The association between minority stress and psychological distress: The moderator role of self-compassion. 44<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society, July 10-13, Algrave, Portugal.
- Karakılıç, S., & **Altan-Atalay, A.** (2022). Perfectionistic cognitions and procrastination: Mediating role of mistake rumination. 2<sup>nd</sup> European Congress on Clinical Psychology and Psychological Treatment, (EACLIPT). Nov 11<sup>th</sup>-13<sup>th</sup>, Warsaw, Poland.
- Şener, G., **Altan-Atalay, A.** (2022). “Do you know the lakes of Afrika?” Associations of anticipatory processing with different dimensions of perfectionism are over and above social anxiety. The 48<sup>th</sup> annual Congress of the European Association for Behavioural and Cognitive Therapies, September 5-8, Barcelona, Spain.
- Söğüt, M., Yedidağ, E., Ray-Yol, E., Özdemir, A. B., & **Altan-Atalay, A.** (2021). *Interpersonal emotion regulation and social problem solving skills: How do they interact in the prediction of psychological distress in adolescents?* European Association of Developmental Psychology, Sept 10th, Online
- İşçi, A., & **Altan-Atalay, A.** (2021). *The interactive effects of maladaptive perfectionism, intolerance of uncertainty and repetitive negative thinking on eating patterns*. International Congress of Cognitive Psychotherapy (ICCP), June 29<sup>th</sup>- July 1<sup>st</sup>, Rome, Italy.
- Saatçi, S, Ayyıldız, T. N., Comba, E. D., Kahraman, S., Duyar A., & **Altan-Atalay, A.** (2019). *Disgust Sensitivity and Attentional Bias: The moderator role of perceived attentional focusing on information processing efficiency*. 1<sup>st</sup> European Congress on Clinical Psychology and Psychological Treatment, (EACLIPT). Oct 31<sup>st</sup>-Nov 2<sup>nd</sup>, Dresden Germany.
- Ilgaz, A. & **Altan-Atalay, A.** (2019). *Dispositional Mindfulness Moderates the Relationship between Positive Affect and the Experience of Pleasure*. 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies (WCBCT), July 17<sup>th</sup>-21<sup>st</sup>, Berlin, Germany
- Yedidağ, E. & **Altan-Atalay, A.** (2019). *Negative Childhood Environment and Depression: The Mediator Role of Repetitive Negative Thinking*. 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies (WCBCT), July 17<sup>th</sup>-21<sup>st</sup>, Berlin, Germany
- Altan-Atalay, A.**, & Ray, E. (2019). *Interpersonal Emotion Regulation Strategies and Negative Mood Regulation Expectancies: Moderating Effect of Adaptive Cognitive Emotion Regulation*. 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies (WCBCT), July 17<sup>th</sup>-21<sup>st</sup>, Berlin, Germany.
- Altan-Atalay, A.**, & Sohtorik İlkmen (2019). *How deficiencies in inhibitory capacity inflates the effect of Looming Cognitive Style on State Anxiety*. 6<sup>th</sup> International Symposium on Brain and Cognitive Science, April 28<sup>th</sup>, Istanbul, Turkey.
- Altan-Atalay, A.** (2018). *Moderator role of Looming Cognitive Style (LCS) in the Relationship between Attentional Control and Anxiety: Difference between Shifting and Focusing Dimensions*. The 48<sup>th</sup> annual Congress of the European Association for Behavioural and Cognitive Therapies, September 5-8, Sofia, Bulgaria.
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- Bursalioğlu, A. & **Altan-Atalay, A.** (2018). *Roles of Emotion Regulation Deficits and Behavioral Inhibition in Abnormal Eating Habits: The Effect of Sex Differences*. The 48<sup>th</sup> Annual Congress of the European Association for Behavioural and Cognitive Therapies, September 5-8, Sofia, Bulgaria.
- Ilgaz, A. & **Altan-Atalay, A.** (2018). *The moderator role of BAS on the relationship between BIS and the experience of pleasure*. 39<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society, July 10-13, Lubin, Poland.
- Altan-Atalay, A.** (2016). *Looming Maladaptive Style as a moderator of the association between maladaptive perfectionism and anxiety*. 31<sup>st</sup> International Congress of Psychology (ICP), July 24-29, Yokohama, Japan.
- Altan-Atalay, A.** & Ayvaşık, B. (2015). *Discriminating between adaptive and maladaptive types of perfectionism in social anxiety: Role of perceived parenting*. 15<sup>th</sup> European Congress of Psychology (ECP), July, 8-11, Milan, Italy.
- Altan-Atalay, A.**, Eldem, E., & Küçüktaş, S. (2015). *Investigating the relationship between childhood trauma and psychopathology: Roles of the mediators in this relationship*. 15<sup>th</sup> European Congress of Psychology (ECP), July, 8-11, Milan, Italy.
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- Altan Atalay, A.** & Yeniçeri, N. (2008). *An examination of the internal validity of the Wisconsin Card Sorting Test on 8- to 11- year old Turkish children*. 18th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP), May, 1-4, İstanbul, Turkey.
- Dedeoğlu, C., Yeniçeri, N. **Altan-Atalay, A.**, Yazgan, Y., & Fişek, G. (2008). *Performance on the Wisconsin Card Sorting Test: Differences between children with and without attention deficit hyperactivity disorder*. 18th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP), May, 1-4, İstanbul, Turkey.
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- Altan, A.**, Duran, C., & Hesapçı, Ö. (2002). *Sosyo-ekonomik statü, benlik saygısı ve medyanın yeme davranışı üstündeki etkisi*. 12. Ulusal Psikoloji Kongresi, Ankara

## **ONGOING PROJECTS**

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TÜBİTAK Turkey-Iran Ministry of Science, Research, and Technology (MSRT) Bilateral Cooperation Program, “MotivBot: A Supportive Bot for Enhancing Self-Esteem, Detecting Psychological Distress and Negative Emotions, and Providing Interventions”**(Researcher)**

The Scientific and Technological Research Council of Turkey Grant (TUBITAK-3005), “Bir Beliren Yetişkin Örnekleminde “The 'Best Possible Self' Exercise in an Emerging Adult Sample: Long and Short-Term Effects on Positive and Negative Affect, Emotion

Regulation Strategies, and Interpersonal Problem Solving, *Mümkün Olan En İyi Kendim” Egzersizi: Olumlu ve Olumsuz Duygulanım, Duygu Düzenleme Stratejileri ve Kişilerarası Problem Çözme Üzerinde Uzun ve Kısa Vadeli Etkileri”* 224K719 (**Principal Investigator**)

Embitterment and overgeneral memory bias

In collaboration with Burcu Kaya Kızılöz (Doğu Akdeniz University, Cyprus)

### **EDITORIAL AND REVIEWING EXPERIENCE**

**Member of the Editorial Board** Journal of Rational-Emotive and Cognitive-Behavioral Therapy (Since 2020)

**Member of the Editorial Board** BMC Psychology (Since Oct. 2024)

**Associate Editor** Current Psychology (Since Dec. 2024)

**Guest Editor** Frontiers in Psychology- Topic: Cognitive Aging and Decision-Making: Evaluating Real-World Measures

### **Ad-Hoc Journal Reviewer**

Emotion (SSCI)

Cognitive Therapy and Research (SSCI)

Stress, Anxiety, and Coping (SSCI)

Personality and Individual Differences (SSCI)

Journal of Psychology (SSCI)

Current Psychology (SSCI)

Psychological Reports (SSCI)

International Journal of Cognitive Therapy (SSCI)

Journal of Happiness (SSCI)

Journal of Social and Personal Relationships (SSCI)

Acta Psychological (SSCI)

PLOS ONE (SSCI)

Frontiers in Psychology (SSCI)

BMC Psychology (SSCI)

Scientific Reports

Klinik Psikoloji Dergisi

AYNA Psikoloji Dergisi

Psikoloji Çalışmaları

### **MASTERS THESIS ADVISING**

**Zaker, M.** (2025). *A multi-dimensional technique for predicting the severity of depression and anxiety disorders among social media users using a deep learning-based model*. Computer Engineering MA program, Kadir Has University (co-advising).

- Nakkhal, Y.** (2025). *“Hang on, let me overthink this”: The roles of self-talk and perceived emotion regulation competency on rumination in times of crisis.* Clinical Psychology MA program, Bahçeşehir University.
- Mustafa Yıldız** (2025). *Association of Childhood Emotional Maltreatment with Depression and Anxiety: Serial Mediating Roles of Distress Intolerance and Repetitive Negative Thinking.* Clinical Psychology MA program, Koç University.
- Yılmaz, E.** (2024). *Art of Delay: How Problem-Solving Affects the Relationship Between Negative Urgency and Procrastination* Clinical Psychology. MA program, Koç University.
- Şener, G.** (2024). *Tolerance of Uncontrollability and Psychopathology: Investigation of Maladaptive Emotion Regulation Strategies and Negative Problem Orientation.* Clinical Psychology MA program, Koç University.
- Demircioğlu, S.** (2024). *The role of negative urgency and sleep-related repetitive negative thinking in the relationship between anxiety sensitivity and insomnia: a resial mediation model.* Clinical Psychology MA program, Koç University.
- Boluvat, M. F.** (2024). *Association of Time Perspective with Depression and Anxiety: The role of Repetitive Negative Thinking and Humor Styles.* Clinical Psychology MA program, Koç University.
- Sütemen, C.** (2023). *Behavioral Inhibition system and Its Relation to Psychological Distress: An Explanation of Balanced Time Perspective.* Clinical Psychology MA program, Koç University.
- Öztürk, M.** (2023). *The Role of Basic Psychological Needs in the Relationship of Interpersonal Emotion Regulation and Psychological Distress: A Mediation Model.* Clinical Psychology MA program, Koç University.
- Abdulcebbbar, A.** (2023). *The Relationship Between Perfectionism and Stress Generation: The Moderating Roles of Looming Cognitive Style and Self-Compassion.* Clinical Psychology MA program, Koç University.
- Demiray, D.** (2023). *The Association between Self-Compassion, Abstract Processing, and State Rumination: The Role of Cognitive Flexibility.* Clinical Psychology MA program, Koç University.
- Kantarıcı, L.** (2023). *Looming Cognitive Style and Anxiety: Moderator Role of Negative Problem Orientation and Mediator Roles of Problem-Solving Styles in this Relationship.* Clinical Psychology MA program, Koç University.
- Ünsal, E.** (2023). *The Relationship Between Negative Urgency and Abnormal Eating Patterns: Mediator Role of Emotion Regulation Deficits and Moderator Role of Eating Expectancies.* Clinical Psychology MA program, Koç University.
- Özdemir, A. B.** (2022). *Mediator and Moderator Roles of Mistake Rumination, Mindful Awareness and Emotion Regulation Difficulties in the Association of Maladaptive Perfectionism and Social Anxiety* Clinical Science MA program, Koç University.
- Nalbantoğlu, B.** (2020). *Sosyal anksiyete ve bilişsel abartma tarzı: Bilinçli farkındalık ve tekrarlayıcı olumsuz düşüncelerin düzenleyici rolleri.* Maltepe University.
- Söğüt, M.** (2019). *Five- to 8-year-old Turkish children's number sense and cognitive flexibility.* Koç University.
- Gündüz, İ. E.** (2018). *Öz-saygının, moral duygular ve depresyon ile ilişkisinde öz-şefkatin düzenleyici etkisi.* Maltepe University.
- Erdem, E.** (2017). *Kiloya bağlı yaşam kalitesini yordayan değişkenler ve cerrahi tedaviye başvuran obezite hastalarının ebeveyn psikolojik kontrolü, yeme davranışı ve psikopatoloji açısından diyetisyen desteği alan obezite hastalarıyla karşılaştırılması.* Maltepe University.
- Aydın İnegöl, M.** (2016). *Bağlanma kaygısı ile patolojik kaygı arasındaki ilişkide kaygı duyarlılığı ve belirsizliğe tahammülsüzlüğün aracı değişken olarak rolünün incelenmesi.* Maltepe University.

**Temel, M.** (2015). *The relationship between perceived maternal parenting and psychological distress during adolescence: Mediator effect of self – compassion*. Bahçeşehir University.

### **PHD DISSERTATION ADVISING**

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**Ranjbar, H. A.** (2024). *Transdiagnostic Factors in Depression and Anxiety Symptoms Psychological science*. PhD Program, Koç University .(Co-Advising)

**Söğüt-Kahramanlar, M.** (in progress) Clinical Psychology PhD. Program, Ibn Haldun University. (Co-Advising)

**Erkol, E.** (in progress) Clinical Psychology PhD. Program, Işık University. (Co-Advising)

### **REFERENCES**

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