

Curriculum vitae

Personal Information

First/Last name

Iulia Francesca Pop

Address

Almasului Street, Cluj-Napoca, Romania

Email

iuliafrancesca@yahoo.com

Working experience

Job

Associated lecturer

Period

2022-present

Name and address of the employer

University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Faculty of Animal Husbandry and Biotechnologies, 3-5 Manastur str., 400372, Cluj-Napoca, Romania

Job description

Teaching courses and seminars: Introduction to Psychology (course), Psychology Applied to Anthrozoology (course and seminar), Organizational Psychology in Animal Programs (course and seminar) and Self-care in Animal Oriented Professionals (seminar)

Job

Psychotherapist in Private Practice

Period

Oct. 2017-present

Name and address of the employer

Pop E. Iulia-Francesca - Cabinet individual de psihologie

Job description

Responsibilities:

- providing individual psychotherapy for adults using evidence-based therapeutic approaches tailored to clients' psychological needs,
- conducting comprehensive psychological assessments, case conceptualization, and treatment planning,
- supporting clients experiencing anxiety, depression, stress-related disorders, emotional dysregulation, interpersonal difficulties, and adjustment challenges,
- applying cognitive-behavioral and integrative therapeutic interventions to promote emotional well-being and psychological resilience,
- monitoring client progress, evaluating treatment outcomes, and adapting intervention strategies accordingly,
- maintaining confidential clinical documentation in compliance with professional and ethical standards,
- delivering psychoeducation to clients, facilitating self-awareness, adaptive coping strategies, and long-term psychological growth,
- collaborating with multidisciplinary healthcare professionals when appropriate to ensure comprehensive client care,
- engaging in continuous professional development through clinical training, research activities, and evidence-based practice.

Job

Senior Reviewer

Period

2014-04 – present

Name and address of the employer

Ingenuity Systems SRL
No.6 Paul Chinezu Street, Cluj-Napoca, Romania

Job description

Responsibilities:

- assuring quality of the services and products provided by the organization,
- reviewing results for completeness and accuracy,

	• determining areas requiring enhancement, • training and mentoring new and existing curators on molecular biology concepts, scientific accuracy, and project guidelines, • delivering one-to-one and group training sessions to improve curation quality and consistency, • reviewing curated scientific content and providing detailed, constructive feedback to support employee development. • assessing tutee performance and identifying areas for improvement through regular evaluations.
Job	Senior Content Scientist/Trainer
Period	2013-03 – 2014-04
Name and address of the employer	Ingenuity Systems SRL No.6 Paul Chinezu Street, Cluj-Napoca, Romania
Job description	Responsibilities: • reviewing literature published in high impact journals, • delivering training, • managing the learning function, • measuring and evaluating the results of training.
Job	Research Specialist
Period	2012-02 – 2013-03
Name and address of the employer	Ingenuity Systems SRL. No.6 Paul Chinezu Street, Cluj-Napoca, Romania
Job description	Responsibilities: • reviewing literature published in high impact journals, • acquiring knowledge required to build genomics knowledge base, • interpreting experimental results from molecular biology studies.
Job	Research engineer
Period	2008-12 – 2010-12
Name and address of the employer	University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Department of Biotechnology 3-5 Manastur str., 400372, Cluj-Napoca, Romania
Job description	Responsibilities: • executive and management activity, • preparation, elaboration and submission of reports (activity, management and financial reports), • preparation and elaboration of data support (projects update reports, periodical and final reviews), • supervising and execution of the tasks involved in the projects, • identification, valorization and dissemination of the research results, • involvement in the activities to set up and reach the project tasks, • acquisition of materials and equipment, • participation in national and international conferences and symposia, • supervising of students. Project manager: - CNCSIS TD no. 339, The Use of Molecular Analysis Techniques in <i>Prunus</i>, <i>Corylus</i>, <i>Juglans</i> and <i>Castanea</i> Genera for Their Conservation in Genebanks (2007-2008). - CNCSIS BD no. 121, PhD scholarship financed from the state budget, Researches Regarding Non-host Resistance of <i>Arabidopsis</i> to <i>Blumeria graminis f sp. hordei</i> (2006-2008).

	Member in the following projects: 1. PNCD II, Module I project 62-091/2008 – Development of innovative methods of diagnosis at the molecular level and stratification of risk factors in atherosclerosis (ATEROMOL), member in the research team 2008 to 2011. Detection of SNPs on TNF alpha, PON1 and PPAR alpha genes associated with atherosclerosis in human subjects using sequencing and PCR-RFLP. 2. PNCD II, Module I project 61-049 / 14.09.2007 – A Study of Genes Involved in Atherosclerosis in the Postgenomic Era (GENATERO), member in the research team 2007 to 2010. . Detection of SNPs on a segment of ADIPOQ gene associated with atherosclerosis in human subjects using sequencing and PCR-RFLP. 3. PNCD II, Module I project 51-003/2007 – Study of Wine Genetic Fingerprint, (GENOVIN), member in the research team 2007 to 2010. Molecular characterization of Romanian local varieties of grapevine using RAPD and SSR markers 4. CEEX, Module I project 101/2006 – Ex situ conservation of <i>Prunus</i>, <i>Juglans</i>, <i>Corylus</i> and <i>Castanea</i> original resources based on genetic and agrobiological evaluation, member in the research team 2007 to 2008. Genetic characterization of <i>Prunus</i>, <i>Corylus</i>, <i>Juglans</i> and <i>Castanea</i> genera accessions and their conservation in genebanks. 5. CEEX, Module I project 48/2005 – Advanced biotechnologies for micropropagation, conservation and somaclonal selection in woody ornamentals, for the landscape rehabilitation (ARBOOR), member in the research team 2005 to 2008. In vitro conservation and micropropagation of woody ornamentals. 6. CNCIS/AT Grant - A Study of Romanian Valuable Potato (<i>Solanum tuberosum</i> L.) Genotypes Using RAPD Technique, member in the research team 2007 to 2008. Morphological and molecular characterization of Romanian Valuable Potato Genotypes.
Job description	Didactic activity - Supervising of student's practical activity, - Set up the lesson plans, preparation of the didactic and laboratory material, teaching activity (Micropropagation and Plant Cell Culture), - Secondary supervising of PhD student Oana Ciuzan 10/2010 – 12/2013: Function of the glycine-rich RNA-binding proteins in plant stress responses (Directors of Studies Dr Doru Pamfil, Dr Michael Ladomery, SS Dr Iulia Pop, Dr Ian Wilson). - Supervising of BSc students 07/2007 – 07.2009: 1. Ana Tabita Vitan, Title: Investigation of Genetic Variability in <i>Castanea sativa</i> Species Using RAPD Markers 2. Beata Botos, Title: Characterization of Some Accessions From <i>Prunus</i> Genus Using SSR Markers, 3. Calin Csaba Pop, Title: Genetic Fingerprinting of Some <i>Corylus</i> Genus Accessions From SCDP Valcea, 4. Eszter Vas, Title: Studies Made on Plum Pox Virus Strands in Six Regions From Transylvania, Using RT-PCR and PCR-RFLP Techniques, Respectively.
Education and training	
Diploma	MSc
Period	2015-10 – 2017-06
Institution	Babes-Bolyai University, Cluj-Napoca, Romania

Description (specialization)	Psychological Techniques for Controlling Behaviour and Development of Human Potential, Faculty of Psychology and Educational Sciences MSc thesis - On the Connection between Sexual Dysfunctional Beliefs, Mother-Daughter Relationship and Couple Satisfaction
Diploma	BSc
Period	2012-10 – 2015-06
Institution	Babes-Bolyai University, Cluj-Napoca, Romania
Description (specialization)	Psychology BSc thesis - Mother-Daughter Intergenerational Transmission of Sexual Dysfunctional Beliefs and Their Impact on Romantic Dyadic Adjustment
Diploma	Postdoctoral fellow
Period	2010-12 – 2013-04
Institution	University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania
Description (specialization)	Postdoc – Biotechnologies, Using molecular markers to assess the biodiversity of <i>Prunus</i> , <i>Corylus</i> , <i>Juglans</i> and <i>Castanea</i> genera accessions maintained at the National Collection at SCDP Valcea
Obtained diploma	Attendance diploma
Period	07 – 09 November 2012
Institution	Iuliu Hatieganu University of Medicine and Pharmacy Cluj-Napoca
City	Cluj-Napoca
Description (specialization)	“How to Write a Success Paper in Impact Factor Journals” International Workshop
Obtained diploma	Statement of Accomplishment with Distinction
Period	Sep 24th – Nov 24th 2012
Institution	Stanford University
Description (specialization)	Coursera online course “Writing in the Sciences”
Obtained diploma	Project manager
Period	04 – 20 July 2009
Institution	CRFEAAP Cluj-Napoca
City	Cluj-Napoca
Description (specialization)	Professional training course: Project manager
Obtained diploma	PhD
Period	2005 - 2008
Institution	University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania
Description (specialization)	PhD - Genetics and Plant Breeding, The Use of Molecular Analysis Techniques in <i>Prunus</i> , <i>Corylus</i> , <i>Juglans</i> and <i>Castanea</i> Genera for Their Conservation in Genebanks PhD supervisor: - Prof. dr. Doru Pamfil (University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania)
Obtained diploma	MSc

Period	2005 - 2007
Institution	University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania
Description (specialization)	MSc - Applied Biotechnology, Determination of Genes Involved in Non-Host Resistance to a Range of Pathogens by Insertion Mutagenesis (T-DNA), Faculty of Animal Husbandry and Biotechnology
Obtained diploma	BSc
Period	2000 - 2005
Institution	University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania
Description (specialization)	BSc in Biotechnology, Faculty of Animal Husbandry and Biotechnology
Specialization stages and training courses	- October 2015 – October 2016 - Babes-Bolyai University, Cluj-Napoca, Romania - Academic Scientific Research Grant - April 2007 - International Centre for Genetic Engineering and Biotechnology, Trieste, Italy -Theoretical Course- RNA Structure and Function. - March - August 2006 - Department of Agricultural Sciences, Faculty of Life Sciences, University of Copenhagen, Frederiksberg, Denmark – guest PhD student: isolation of nucleic acids from plant tissue, screening for T-DNA mutations using PCR, obtaining <i>Arabidopsis thaliana</i> plants with several T-DNA mutations by crossing, artificial infection, infection assessment using microscopy. - October 17–19, 2025 - CONFIDENT Association for Personal and Professional Development - Continuing professional training program: "Transgenerational Psychotherapy – Working Methods and Techniques" – - June 8–10, 2025 - Acceptance and Commitment Therapy Association - Continuing professional training program: "ACT National Conference – Values, Community, Connection" - April 23, 2025 - Ursula Maria Bell – workshop : "The Inner Posture of True Connection" - March 31, 2025 - Academicus platform - Course: "Strategies for Working with Suicidal Patients" - April 12–13, 2024 - Cluj Systemic Family Therapy Association - Continuing professional training program: "Loyalties, Legacies, Entitlements: Contextual Analysis of the Genogram" - March 19-20, 2022 - CONFIDENT Association for Personal and Professional Development - Course: "Psychotrauma – Psychological Assessment and Intervention" - February 19 & 26, 2021 - Association for Emotion-Focused Psychotherapy for Couples and Families - Course: "Trauma and Its Dragons: Working with Trauma in Emotion-Focused Therapy" - October 10–11, 2020 - Areopagus Institute for Family Therapy and Systemic Practice - Course: "Emotion-Focused Individual Therapy: Extending an Attachment-Based Model to Individual Therapy" - May 18–21, 2016 - Circle of Security International, Developmental Psychology Laboratory - Continuing professional training program: "Core Sensitivities and Introduction to Object Relations Theory"
Personal skills and competences	
Languages	Romanian (native)

Technical skills and competences

English (fluently)
Italian (conversational)
German (basic knowledge)

Expertise domains:

Academic lecturing

- design and development of lectures, seminars, and evidence-based educational materials,
- student supervision, mentoring, and academic assessment.
- scientific research design, data collection, and statistical analysis,
- academic writing, peer review, and preparation of scientific publications,
- preparation of conference presentations and scientific posters,
- application of ethical standards and data protection principles in clinical and academic settings.

Psychology

- individual psychotherapy
- cognitive behavioral therapy (CBT)
- case formulation
- treatment planning
- psychological counseling
- psychoeducation
- mental health assessment
- clinical documentation
- evidence-based practice
- emotional and behavioral interventions
- ethical clinical practice

Scientific Reviewing and tutoring

- scientific content review
- quality assurance & quality control
- scientific literature evaluation
- molecular biology & life sciences
- process improvement
- technical documentation
- critical analysis
- data validation
- team collaboration
- scientific communication
- problem solving

Molecular Genetics - molecular markers field

- genotyping of various populations at specific loci of genes involved in quantitative and qualitative traits, to determine the genetic structure of populations (adipoq, tnfr alpha, ppar alpha and pon 1 genes);
- genetic fingerprinting of accessions from various species (*Prunus*, *Corylus*, *Juglans*, *Castanea*, *Vitis*) using RAPD and SSR markers;
- analysis of genetic relationships among individuals using RAPD and SSR markers;
- nucleic acids isolation from various biological sources (plant and animal tissues) and quantification;
- DNA amplification techniques based on PCR (Polymerase Chain Reaction): PCR, RT-PCR, RFLP, RAPD, SSR.

Bioinformatics

- searches and computed analysis of DNA, RNA and protein databases, use of on-line tools;
- cladograms and phylograms construction;
- population genetics;

- use of molecular genetics softwares (TL120, Freetree, Treeview, Genepop, Populations, Cervus, Peak Scanner, CEQ™ 8800 Genetic Analysis System for SSR analysis).

Micropropagation – in vitro multiplication, isolation of meristems

- meristems isolation, in vitro plant multiplication and conservation by encapsulation;
 - cultivation and crossing of *Arabidopsis thaliana* plants;
 - cultivation of plants under sterile and soil conditions;
 - artificial infection, assessment of infection (microscopic analysis).
- relevant experience to adapt and work into multicultural environments, gained through my work experience abroad acquired during working stages, intensive courses and training stages.

PC knowledge and skills

- search analysis and various applications in DNA and protein databases, molecular genetics specific software applications
- proficient in Microsoft Office Suite (Word, Excel, PowerPoint) for teaching, research, and data management,
- experience with online teaching and learning platforms (Microsoft Teams, Zoom),
- reference management software (EndNote),
- basic statistical software for psychological research (SPSS, JASP).

Driving license

Yes

Additional information

Available upon request.

Annexes

List of publications

References

1. Prof. Dr. Doru Pamfil
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3. Prof. Dr. Habil. Alina Rusu
Professor
Faculty of Animal Science and Biotechnologies
Human-Animal Interaction Research Lab
University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca
3 Calea Manastur, Cluj-Napoca, 400372, Romania
Phone: +40374492010 int. 192
E-mail: alina.rusu@usamvcluj.ro

List of publications

1. Hica, F. I., Rusu, A. S., **Pop, I. F.**, & Papuc, I., **2026**, Comparative anthropomorphism and affective valence shape role perception and relational behaviours in human-pet dyads in Romania. *Frontiers in Psychology*, 17, 1771900.
2. Sitar, G. M., Ostřanská Spitzer, I., Spitzer, L., Marian, C., **Pop, I. F.**, Sitar, C., & Rusu, A. S., **2025**, From Values to Action: An Integrative Explanatory Framework for Insect Conservation Intentions and Behavior. *Insects*, 16(12), 1274.
3. Rusu, A. S., **Pop, I. F.**, Olsen, C., Nawarecka-Piątek, M., Plewczynski, M., Øverli Holm, E., & Turner, D. C., **2024**, Proposal of a Private Caretaker-Completed Questionnaire to Assess the Suitability of Domestic Cats for Animal-Assisted Interventions. *People and Animals: The International Journal of Research and Practice*, 7(1), 1.
4. Iclozan Dana A., **Pop Iulia F.**, 2024, Executive Functions in Clinical and Non-Clinical Populations. A Comparative Analysis, *Studia Ubb Psychol.-Paed.*, LXIX, 1, 2024, p. 27-50.
5. **Pop, Iulia Francesca**, Rusu, Alina Simona, **2022**, Offspring-Parent Dyadic Analysis: A methodological approach for understanding psychological functioning in interpersonal contexts (Ed. Risoprint), ISBN: 978-973-53-2894-8.
6. **Pop, Iulia Francesca**, & Rusu, A.S., **2018**, Credințe sexuale disfuncționale, relația mamă-fiică și satisfacția în cuplul romantic în România – Rezultate preliminare. *Cercetări în Psihologie și Științele Educației*, IV:131-147 (Ed. Argonaut).
7. **Pop, Iulia Francesca**, Iclozan D, Costea-Bărluțu C, Rusu AS, **2016**, An Analysis of Sexual Dysfunctional Beliefs of Romanian Women (Mothers and Daughters): An intergenerational approach, *The European Proceedings of Social & Behavioural Sciences*, 488-495.
8. **Pop, Iulia Francesca**, Vicol A.C., Botu M., Raica P.A., Vahdati K., Pamfil D., **2013**, Relationships of walnut cultivars in a germplasm collection: comparative analysis of phenotypic and molecular data, *Scientia Horticulturae* (153): 124–135.
9. **Pop, Iulia Francesca**, Monica Harta, Stefan Wagner, Doru Pamfil, **2011**, Molecular Characterization of Romanian 2010Rose Genotypes Based on RAPD Markers, *Bulletin of the University of Agricultural Sciences & Veterinary Medicine Cluj-Napoca. Horticulture* 68(1): 68-76.
10. **Pop, Iulia Francesca**, Doru Pamfil, Paul Andrei Raica, Ioana Virginia Petricele, Adina Cristina Vicol, Monica Harta, C. R. Sisea, **2010**, Evaluation of the Genetic Diversity of several *Corylus avellana* Accessions from the Romanian National Hazelnut Collection, *Not. Bot. Hort. Agrobot. Cluj* 38 (2), Special Issue, 61-67.
11. **Pop Iulia Francesca**, Doru Pamfil, Paul Raica, Ioana Virginia Petricele, Cristian Sisea, Eszter Vas, Beata Botos, Monica Bodea, Mihai Botu, **2010**, Assessment of the genetic variability among some *Juglans* cultivars from the Romanian National Collection at S.C.D.P. Vâlcea using RAPD markers, *Romanian Biotechnological Letters*, Vol. 15, No. 2, Supplement, p 41-49.
12. Furdui EM, Mărghițaș LA, Dezmirean DS, Pașca I, **Pop IF**, Erler S, Schlüns EA, **2014**, Genetic characterization of the silkworm *Bombyx mori* with different geographic origins. *Journal of Insect Science* ()
13. Sisea, Cristian Radu, Pamfil, Doru, Petricele, Ioana Virginia, **Iulia Francesca Pop**, Oana Ciuzan, **2010**, GMO testing for the presence of Roundup Ready soybean, *Romanian Biotechnological Letters*, Vol. 15, No. 1, Supplement, p 34-44.
14. Claudia Gherman, Aurel Mironiuc, Serban Radulescu, Dana Fodor, Adriana Filip, Simona Mirel, Pamfil Doru, Ioana Petricele, **Iulia Pop**, Sanda Micula, **2010**, Relationships between Biomarkers of Vascular Dysfunction and Peripheral Arterial Disease, *Proceedings of the World Medical Conference*, Malta, September 15-17, 2010, p 164-169.
15. Briciu Daniela, Pamfil Doru, Briciu Alexandru, **Pop Iulia**, Catalina Ioana, Curticiu Dana, Balasz Erika, Ganea Ștefana, **2009**, Two methods of DNA extraction from musts and leaves, *Journal of Horticulture, Forestry and Biotechnology*, Vol. 13, p 21, pISSN 2066-1797.
16. Sisea, C. R., Ioana Virginia Petricele, **Iulia Francesca Pop**, L. A. Vescan, D. Pamfil, **2009**, Integrated pocedure for GMO testing in specialized laboratories, *Bulletin of the USAMV-CN*, 66, 647.
17. Bodea Monica, Doru Pamfil, Rodica Pop, **Iulia Francesca Pop**, **2009**, Use of Random Amplified Polymorphic DNA (RAPD) to Study Genetic Diversity among Romanian Local Vine (*Vitis vinifera* L.) Cultivars, *Bulletin of the USAMV-CN* 66, p 420, ISSN 1843-5254.
18. **Pop Iulia Francesca**, D. Pamfil, Monica Bodea, M. Botu, Ioana Petricele, **2008**, Molecular characterization of *Castanea* and *Corylus* accessions for conservation in gene banks, *Proceedings of the 18th EUCARPIA General Congress, Modern Variety Breeding for Present and Future Needs*, 9-12 September 2008, Valencia, Spain, ISBN 978-84-8363-302-1.
19. **Pop Iulia Francesca**, D. Pamfil, Monica Bodea, Ioana Petricele, **2008**, Molecular characterization of valuable *Prunus* genotypes from Romania using RAPD markers. *Proceedings of the 43rd Croatian*

and 3rd International Symposium on Agriculture, Ed. Hlad - Papirna konfekcija, Pluska, Opatija, p. 117, ISBN 978-953-6135-67-7.

20. **Pop Iulia Francesca**, D. Pamfil, Monica Bodea, M. Botu, Ioana Virginia Petricele, **2008**, Genetic Similarity Assessment and Molecular Characterization of Some *Castanea* Genus Genotypes Using RAPD Markers, Homagial International Symposium The 60th Anniversary of Horticulture Faculty The 10th Anniversary of Landscape Architecture Specialization, Bucharest, 23 May, ISSN 1222-5312.
21. **Pop, Iulia Francesca**, Monica Bodea, Mihai Botu, Ioana Virginia Petricele, Cristian Radu Sisea, Doru Pamfil, **2008**, RAPD analysis of accessions from *Castanea*, *Corylus*, *Juglans* and *Prunus* genera, *Bulletin of the USAMV-CN* 65, p 676, ISSN 1843-5254.
22. Pamfil Doru, **Iulia Francesca Pop**, Monica Bodea, Ion Botu, Mihai Botu, Ioana Virginia Petricele, Anca Neagoe , Rodica Pop, **2008**, Molecular Characterization of Some Romanian *Corylus* and *Castanea* genotypes Using RAPD Markers for Conservation in Gene Banks, *3rd International Symposium on Agricultural and Rural Development*, Bydgoszcz - Toruń, Poland, 18 - 20 September 2008.
23. Petricele, Ioana Virginia, D. Pamfil, Katalin Kovacs, A. Briciu, **Iulia Francesca Pop**, C. R. Sisea, I. Zagrai, **2008**, Identification of Plum Pox Virus isolates from Moldavia region using PCR/RFLP method, *Bulletin of the USAMV-CN*, 65, 67