

CV

1. **Name: Z. Deniz Aktan / deniz.aktan@isikun.edu.tr**
2. **Birth Date: 12.05.1979**
3. **Academic Title: Assistant Professor**
4. **Education:**

Degree	Department	University	Dates
BA	Translationswissenschaft (Deutsch-Englisch / Erasmus Austausch Programm)	Johannes Gutenberg Universität	2007- 2008
BA	Translation Studies (German)	Okan University	2010
BA	Psychology (Double Major)	Okan University	2011
MSc	Clinical Child Psychology	Anglia Ruskin University	2012
PhD	Clinical Health Psychology (Child Focused)	Istanbul University	2017

5. **Academic Titles**

Assistant Professor, Okan University, 2017

6. **Managed MA Thesis**

The Relationship Between Premenstrual Syndrome and Mental Health Variables in Adolescents, Gülgün UZUNOĞLU, Isik University, Child focused clinical psychology MA Program, 2017. (Secondary advisor)

The Effects Of Parents' Marital Status On The Children's Mental Health, Mirey KASUTO, Isik University, Child focused clinical psychology MA Program, 2017. (Secondary advisor)

The Effect of Personality Traits on Test Anxiety and School Attachment Styles in Adolescents, Tilbe ONUK, Isik University, Child focused clinical psychology MA Program, 2017. (Secondary advisor)

Investigation of the Mediator Effect of Personality Traits on the Relationship Between Body Image and Social Anxiety in a Group of Adolescents aged 15-18, Cansu Güney, Isik University, Child focused clinical psychology MA Program, 2018.

An Assessment Among Children Aged Between 9-12: The Relationship Between Children's Drawings And Mental Health Variables As Depression, Anxiety, and Self Esteem, F. Yağmur Çelik, Isik University, Child focused clinical psychology MA Program, 2018.

Investigation of the Relationship of Irrational Beliefs with Self-Esteem and Social Anxiety Levels in a Group of Adolescents aged 11-15, Adem Deniz, Isik University, Child focused clinical psychology MA Program, 2018.

Investigation of Attachment Styles and Emotion Regulation Skills of Children aged 4–6, Leyla Burçe Tulpar, Isik University, Child focused clinical psychology MA Program, 2019.

Mediator Effect of Depression on the Relationship Between Sexual Orientation and Life Satisfaction in Late Adolescents, Eda Yardımcı, Isik University, Child focused clinical psychology MA Program, 2019.

Investigation of the Mediator Role of Negative Automatic Thoughts in the Relationship Between Bullying Behavior and Psychological Control Perceived by Parents in Adolescents aged 12-15, Gizem Aksu, Isik University, Child focused clinical psychology MA Program, 2019.

The Effect of Parental Perfectionism on Child's Anxiety Level, Elif Şahingiray, Isik University, Child focused clinical psychology MA Program, 2020.

The Effects of Pre-Adolescents' Positive and Negative Perfectionism Levels on Irrational Beliefs and Problem Solving Skills, Eda Ceren Yıldız, Isik University, Child focused clinical psychology MA Program, 2020.

The Mediator Effect of Adolescents' Conscious Awareness Levels on the Relationship Between Adolescents and Their Mothers' Anxiety Levels, Hayat Boğday, Isik University, Child focused clinical psychology MA Program, 2020.

Investigation of the Mediator Effect of Emotion Regulation Skills on the Relationship Between Irrational Beliefs and Social Anxiety in Adolescents, Duygu Kodak, Isik University, Child focused clinical psychology MA Program, 2020.

Mediating Effect of Conscious Awareness on the Relationship Between Perceived Stress Level and Quality of Life in Pediatric Asthma, Ayşe Sena Ayhan, Isik University, Child focused clinical psychology MA Program, 2020.

Mediator Effect of Digital Game Addiction on the Relationship Between Perceived Parental Attitude and Emotional Intelligence in Adolescents, Gizem Tetik, Isik University, Child focused clinical psychology MA Program, 2020.

Irrational Beliefs and Self-Efficacy in Romantic Relationships as Predictors of Psychological Well-Being in Late Adolescence, Ece Aydemir, Isik University, Child focused clinical psychology MA Program, 2021.

Irrational Beliefs and Social Appearance Anxiety as Predictors of Emotional Eating in Late Adolescents. Ece Yıldırım, Isik University, Child focused clinical psychology MA Program, 2021.

The Role of Expressing Emotions in the Relationship Between Dissociative Findings and Rumination in Late Adolescence, Afranur Yılmaz, Isik University, Child focused clinical psychology MA Program, 2021.

Examination of the Mediator role of Emotion Regulation in the Relationship between Parent Emotional Availability and Game Addiction in Individuals in Late Adolescence, İpek Ülkümen, Isik University, Child focused clinical psychology MA Program, 2021.

Investigation of the Formative Role of Emotional Autonomy in the Relationship Between Parental Emotional Availability and Psychological Resilience in Late Adolescents, Ecem Keskin, Isik University, Child focused clinical psychology MA Program, 2021.

The Mediating Effect of Fair World Belief Level on the Relationship between Perceived Social Support and Burnout Levels of Caregivers of Children with Autism Spectrum Disorder, Gülşah Rabia Şener, Isik University, Child focused clinical psychology MA Program, 2021.

An Investigation Of The Mediator Effect Of Mothers' Parenting Attitude On The Impact Of Mothers' Covid-19 Fear On Anger/Aggression, Social Competence And Anxiety Behaviors In Preschool Children, Isik University, Child focused clinical psychology MA Program, 2022.

An Interpretative Phenomenological Analysis Of Attention Deficit Hyperactivity Disorder In Adolescents, Arif Erdem Köroğlu, Isik University, Child focused clinical psychology MA Program, 2022.

The Relationship Between Mothers' Psychological Resilience Levels And Emotion Socialization Strategies And The Emotion Regulation Skills Of 48-72 Months Old Children, Dilara Gürses, Isik University, Child focused clinical psychology MA Program, 2022.

The Mediator Effect Of Maternal Separation Anxiety On The Relationship Between Maternal Self Efficacy And Separation Anxiety Levels Of Children, Buğse Bilgin, Isik University, Child focused clinical psychology MA Program 2022.

The Mediation Effect of Parental Attachment Style on the Relationship between Parental Early Maladaptive Schemas and Child's Problem Behaviors, Ecem Demirtürk, Işık Üniversitesi, Isik University, Child focused clinical psychology MA Program, 2023.

7. Publications

7.1. International Journals

Aktan, Z. D., Yazar, O. (2015). Assessment of Music Therapy as a Therapeutic Intervention Method in Children. *JOMB*, Vol.4, No.6

Aktan, Z.D., Yazar, O. (2016). The-Co-morbidity of Oppositional Defiant Disorder and Conduct Disorder in Children. *IJHAS*, Vol.5, No:1, 35-40.

Handanos, D., Aktan, Z. D. (2018). The Effect of Parenting on Teenagers' Decision to Drop out of School. *SUJE*, December, 8(4), pp198-213,

Uzunoglu, G., Aktan, Z.D. (2019). The Relationship Between Premenstrual Syndrome and Mental Health Variables in Adolescents. *Current Approaches in Psychiatry*, 11:37-50.

Aktan, Z.D., Sertel Berk, H.Ö., Erdoğan, F., Öktem, S. (2019). Relationship Between Serum IgE Level and Anxiety, Depression, Somatization and Quality of Life in Pediatric Asthma. *Current Approaches in Psychiatry*, 11:276-292.

7.2. International Conference Proceedings

Aktan, Z. D., Yazar, O. (2014). An evaluation of the Medical Model and the Family Systemic Model of Psychology, and Their Description on the Aetiology of ADHD. *ICEHM'2014 Bali*

Aktan, Z. D., Yazar, O. (2014). Assessment of Music Therapy as a Therapeutic Intervention Method in Children. *ICBEP, 2014, Las Vegas*.

- Aktan, Z. D., Yazar, O. (2012). A Study on Perceived Stress of University Students: Whether Reed Music Reduces Stress. *International Centre of Economics, Humanities and Management (ICEHM) '2014 Singapore*
- Aktan, Z. D., Yazar, O. (2013). An Overview of Environmental Knowledge Level of Vocational School Students. *International Centre of Economics, Humanities and Management (ICEHM) '2014 Singapore*.
- Aktan, Z.D., Yazar, O. (2016). The-Co-morbidity of Oppositional Defiant Disorder and Conduct Disorder in Children. 5th International Conference on Research in Humanities, Sociology and Corporate Social Responsibility (RHCSR'16)
- Onuk, T., Aktan, Z.D. (2020). An Assessment of The Relationship Between Personality Traits, Test Anxiety And School Attachment Styles Among Adolescents. V. International European Conference on Social Sciences (July 18-19). Izmir, Turkey
- Deniz, A., Aktan, Z.D. (2020). An Assessment of the Relationship Between Irrational Beliefs, Self-Esteem and Social Anxiety Among Adolescents, World Children conferences (October, 24-24, Ankara).
- Ülkümen, İ., Aktan, Z.D. (2021). Examination Of Parental Emotional Availability, Emotion Regulation Difficulties And Game Addiction According To Some Sociodemographic Characteristics Among Late Adolescents. International Paris Conference On Social Sciences-VI, (July 9-11). Paris, France.
- Şahingiray, E. Aktan, Z.D. (2021). The Mediator Role of Irrational Beliefs Of Children On The Relationship Between Parental Perfectionism And Childhood Anxiety. 3. International Social Sciences and Innovation Congress, 20-21 October, Ankara, Turkey.
- Aktan, Z.D. (2021). The traumatic effects on Divorce on childhood. 2nd International Infant, Child, Adolescents Psychology Congress, (October 29-31). Ankara, Turkey.
- Çelik, F.Y., Aktan, Z.D. (2022). 9 An Assessment Among Children Aged Between 9-12: The Relationship Between Children's Drawings and Mental Health Variables As Depression, Anxiety, and Self Esteem. 3rd World Children conference (April, 22-24, Antalya).

7.3. Journal Publications in Turkish Journals

- Aktan, Z. D., Karatana, Ö., Yazar, O. (2013). Farklı Şiddet Türlerine Maruz Kalan Kadınların Algılanan Stres Düzeyleri Üzerine Bir Çalışma. *Uluslararası Hakemli Beşeri ve Akademik Bilimler Dergisi*, cilt 3, sayı 10, 2014. (ISSN: Print 2147-4168 Online 2147-5385)
- Tulpar, L.B., Aktan, Z.D., Yardımcı, E. (2020). 4-5 Yaş Aralığındaki Çocukların Duygu Düzenleme Becerilerinin ve Bağlanma Stilllerinin İncelenmesi. *Gelişim ve Psikoloji Dergisi* 1:(2), p57-73.
- Kasuto, M., Aktan, Z.D., Yardımcı, E. (2020) Ebeveyn Medeni Durumunun Çocukların Ruh Sağlığına Etkisi. *Aile Psikolojik Danışmanlığı Dergisi*, 3;2, 48-68

- Guney, C., Aktan, Z.D., Yardımcı, E. (2020). Beden İmgesi ile Sosyal Anksiyete Arasındaki İlişkide Kişilik Özelliklerinin Biçimlendirici Etkisi. Kıbrıs Türk Psikiyatri Dergisi, 2:(3), 139-147.
- Tetik, G., Aktan, Z.D. (2021). Ergenlerde Algılanan Ebeveyn Tutumu ve Duygusal Zeka Arasındaki İlişkide Dijital Oyun Bağımlılığının Aracı Etkisinin incelenmesi. J Clin Psy. 24(2): 181-190.
- Yıldız, E.C., Aktan, Z.D., Yardımcı, E. (2021). Ön Ergenlerin Olumlu ve Olumsuz Mükemmeliyetçilik Düzeylerinin Mantıkdışı İnançlar ve Problem Çözme Becerisi İle İlişkisinin İncelenmesi. Aydın İnsan ve Toplum Dergisi, Cilt 7 , Sayı 1, Sayfalar 75 – 103.
- Boğday, H., Aktan, Z.D., Yardımcı, E. (2021). Anne Kaygı Düzeyinin Ergen Kaygı Düzeyi Üzerindeki Etkisinde Ergenin Bilinçli Farkındalık Düzeyinin Aracı Etkisi. Gelişim ve Psikoloji Dergisi, Cilt 2 , Sayı 3, Sayfalar 25 – 42.
- Yıldırım, E. , Aktan, Z. D. & Ülkümen, İ. (2022). İrrasyonel İnanışlar ve Sosyal Görünüş Kaygısının Duygusal Yeme Üzerindeki Yordayıcı Rolü . Aydın İnsan ve Toplum Dergisi , 8 (1) , 23-40 .
- Kuyucu, E., Önal Sönmez, A., Erdoğan, A. & Aktan, Z. D. (2022)Examining the Relationship between Alexithymia Features in Adolescents and Interpersonal Relationship Styles and Problem Solving Abilities in Adolescents. İstanbul Gelişim Üniversitesi Sosyal Bilimler Dergisi, 9 (1) , 93-102 . DOI: 10.17336/igusbd.473009
- Özgönül, A., Aktan, Z. D. & Ülkümen, İ (2023). The Role of Expressing Feelings in the Relationship between Dissociative Findings and Rumination in Late Adolescence. Kıbrıs Türk Psikiyatri ve Psikoloji Dergisi, 5, (1). 50-57
- Ayhan, A.S. & Aktan, Z. D. (2023). Mindfulness in the Relationship Between Perceived Stress and Quality of Life in Pediatric Asthma. Çocuk Dergisi, 23 (1), 27 – 34.
- Gürses, D., Aktan, Z. D. & Ülkümen, İ. (2022). The Relationship Between Mothers' Psychological Resilience Levels And Emotion Socialization Strategies And The Emotion Regulation Skills Of 48-72 Months Old Children (**In Press**).

7.4. Turkish Conference Proceedings

- Aktan, Z. D. (2012). 17th National Congress of Psychology Students / A Study on Perceived Stress in University Students; The Effect of Ney Music on Stress
- Aktan, Z. D., Karatana, Ö., Yarar, O. (2013). A Study on Perceived Stress Levels of Women Exposed to Different Types of Violence. "one. International Congress on “Multidisciplinary Approaches to Violence Against Women”.
- Berk, O. S., Aktan, Z. D., Aktaş, A. Aşaroğlu, C., Ayalp, G. C., Deveci, E., Ömerbaşıoğlu, S. (2015). Cognitive-Behavioral Interpersonal Group Therapy for Mothers of Children with Chronic Pain, Eating Disorders and Cerebral Palsy: A Preliminary Study. Hacettepe University, Işık Savaşır Clinical Psychology Symposium.
- Ayra, F., Aktan, Z.D. (2015). Comparison of University Students' Knowledge Levels on Child Neglect and Abuse. 5. Keep Childhood with Us Workshop, Çanakkale

- Aktan, Z.D., (2016). Evaluation of the Reliability of the Scale for Evaluation of Quality of Life in Pediatric Asthma on 6-Year-Old Children. 6. Keep Childhood with Us Workshop, Çanakkale
- Aktan, Z.D., Demirkan, S.D. (2016). The Contribution of Creativity Development Activities to the Development Process of Preschool Children. 6. Keep Childhood with Us Workshop, Çanakkale
- Tetik, G. Aktan, Z.D.(2022). Investigation of Digital Game Addiction Level in Adolescents According to Various Sociodemographic Characteristics. Dijitalleşen Dünyada Birey, Toplum, Siyaset Kongresi (May, 26-27, İstanbul)
- Şişman, H., Aktan, Z.D. (2022). Examination of mothers' fear of covid-19, anger/aggression, social competence and anxiety behaviors of preschool children, and mothers' parenting attitudes according to sociodemographic data. 21. Ulusal Psikoloji Kongresi: Antik Psişeden Bilişsel Sinirbilime (13-16 Oct, İstanbul).

7.5. Books in Turkish

- Aktan, Z. D. (2015). Creativity and Development in Preschool Education, Eğiten Kitap, Ankara.
- Aktan Z.D. (Eds) (2020). Reflections of Childhood Trauma; Rainbow Stories That Have Lost All Color, Nobel Kitap Evi, Ankara.
- Aktan, Z.D. (Eds) (2022). Psychological Assessment Guide for Children and Adolescent, Nobel Kitap Evi, Ankara.

International Book Chapter in English

- Aktan, Z.D. (2021). Without Philosophy, Mental Health Science and Psychology as We Know It would not Exist. In: Deniz Özbilici (Eds). Towards The Multilevel Approach In Medical Sciences, IKSAD Publishing House, Ankara.

7.6. Book Chapters in Turkish

- Aktan, Z.D. (2020). Astım. In: N.Aydemir Çaylı ve A. Hocaoğlu Uzunkaya (Eds). Health Psychology Applications: Chronic Diseases, Nobel Kitap Evi, İstanbul I.
- Aktan Z.D. (2022) Clinical Assesment for Children and Adolescent In: Z.D. Aktan (Eds). Psychological Assessment Guide for Children and Adolescent, Nobel Kitap Evi, Ankara.
- Aktan, Z.D. (2022). Intercultural Father Child Relationship. In: N. Zabcı (Eds). Paternity Function; Theory, Culture and Clinic. İdeal Kültür Yayıncılık, İstanbul.
- Aktan, Z.D. (2023). Child and Adolescent Focused Group Therapy. In: E. Ergüney Okumuş (Eds). Introduction to Group Psychotherapy: Theory and Practice. Nobel, Ankara

7.7. Invited Talks and Presentations

- Aktan, Z.D. Çocuklarda yaratıcılık becerileri ve geliştirilmesi, Doğa Koleji PDR Birimi Zümresi, İstanbul.
- Aktan, Z.D. (2015) Çocuk Hakları ve toplum Zirvesi, Okan Üniversitesi, İstanbul.
- Aktan, Z.D. (2015) Çocuk Psikopatolojisi ve Klinik Ön Değerlendirme, İstanbul Sebahattin Zaim Üniversitesi, İstanbul.
- Aktan, Z.D. (2016) Anne Çocuk İletişimi, Kartal Doğa Koleji Eğitici Eğitimi, İstanbul.
- Aktan, Z.D. (2016) Çocuklarda Davranış Bozuklukları, AÇEV, İstanbul.
- Aktan, Z.D. (2017) Çocuk Psikopatolojisinde risk Faktörleri, Doğa Koleji PDR Birimi Zümresi, İstanbul.
- Aktan, Z.D. (2017) Anne Baba Okulu, AÇEV, İstanbul.
- Aktan, Z.D. (2017) Suçlu Çocukların Rehabilitasyonu, Bahçeşehir Üniversitesi, İstanbul.
- Aktan, Z.D. (2017) suçlu Çocukların Rehabilitasyonu, TPÖÇG, Işık Üniversitesi Organizasyonu İstanbul.
- Aktan, Z.D. (2017) Ergenlik Dönemi Travmaları ve Özkıyım Girişimi, Diyarbakır RAM, Diyarbakır
- Aktan, Z.D. (2018) Klinik Çocuk Psikolojisi ve Çocuk Psikopatolojisinde Risk Faktörleri, İstanbul Üniversitesi, İstanbul.
- Aktan, Z.D. (2018) Klinik Çocuk Psikolojisi ve Çocuk Psikopatolojisinde Risk Faktörleri, Türk Psikologlar Derneği, İstanbul.
- Aktan, Z.D. (2018) Çocuk Psikopatolojisinde Klinik Ön Görüşme ve Etik, Işık Üniversitesi, İstanbul.
- Aktan, Z.D. (2019) Çocuk Psikopatolojisinde Değerlendirme Teknikleri. Bahçeşehir Üniversitesi 3. Psikoloji Günleri, İstanbul
- Aktan, Z.D. (2019) Araştırma Hikayeleri III, Klinik Sağlık Psikolojisi Buluşmaları. İstanbul Üniversitesi, İstanbul.
- Aktan, Z.D. (2020) Köpek Gibi Büyütülmüş Çocuk Kitap Analizi, Türk Psikologlar Derneği, İstanbul

Aktan, Z.D. (2020). Köpek Gibi Büyütülmüş Çocuk Kitap Analizi, Nişantaşı Üniversitesi, İstanbul.

Aktan, Z.D. (2020). Çocuk ve Ergenlerde Psikolojik Değerlendirme, İstanbul Medeniyet Üniversitesi, İstanbul.

Aktan, Z.D. (2020). Karantina Döneminde Çocuk Psikopatolojisi, Yön Koleji, İstanbul.

Aktan, Z.D. (2020). Çocuk Ergen Terapisti Olmak Üzerine, Türk Psikologlar Derneği, İstanbul.

Aktan, Z.D. (2020). Çocuk ve ergenlerde Beden İmgesi Algısının Ruh Sağlığı Üzerindeki Etkileri, TPÖÇG, Kıbrıs.

8. Administrative Duty

Okan University, Head of the Child Development Department in VSHS. (2013-2018)

Okan Üniversitesi, Head of the Child Development MSC Programs (2018)

Işık University, Head of the Clinical Psychology Department (2021,)

9. Scientific and Professional Membership

Turkish Psychological Association

Schema Therapy Association

10. Courses Taught.

		Course Name	Weekly Hours		Number of Students
			T	A	
2020-2021 Academic Year	Autumn	Advanced Psychopathology and Basic Principles in Cognitive Behavioral Therapy	3	0	15
		Child and Adolescent Psychotherapy and Cognitive Behavioral Therapy	3	0	15
		Clinical Supervision I	3	0	3
		Clinical Supervision II	3	0	3
		Psychological Assessment I(Child and Adolescent)	3	0	15
	Spring	Child and Adolescent Psychotherapy and Cognitive Behavioral Therapy			15
		Clinical Supervision I	3	0	3
		Clinical Supervision II	3	0	3
		Psychological Assessment II (Child and Adolescent)	3	0	15
	Autumn	Clinical Supervision I (A)	3	0	3
		Clinical Supervision I (B)	3	0	3

2021-2022 Academic Year		Psychological Assessment I(Child and Adolescent)	3	0	15	
		Advanced Psychopathology and Basic Principles in Cognitive Behavioral Therapy	3	0	15	
	Spring		Clinical Supervision II	3	0	3
			Clinical Supervision II	3	0	3
			Advanced Psychopathology and Basic Principles in Cognitive Behavioral Therapy	3	0	15
			Psychological Assessment II (Child and Adolescent)	3	0	15