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Department of Social Work

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## EDUCATION:

<b>BA</b>	Social Science	Azad University of Tabriz branch	2002 – 2007
<b>MA</b>	Clinical Psychology	Azad University of Ardebil branch	2007 – 2010
<b>PhD</b>	Social Work	Hacettepe University	2013 – 2020

## RESEARCH INTERESTS:

Clinical social work, psychotherapy effectiveness on mental health (depression, anxiety, stress, and trauma), working mechanisms of interventions, addiction, mindfulness, and online therapies.

## UNIVERSITY TEACHING & APPOINTMENTS:

Assistant Professor, Istanbul Aydin University, Department of Social Work

**WORK EXPERIENCE:**

10.2010 – 12.2012

Milad Addiction Rehabilitation Center

- Worked as psychotherapist and education coordinator.

**Languages:**

English: C1

Turkish: C2

Azeri: Mother tong

Persian: C2

**SOFTWARE:**

SPSS, PROCESS macro (Mediation and Moderation Analyses)

**PUBLICATIONS:****JOURNAL ARTICLES**

**Hosseinzadeh Asl, N.** (2021). A randomized controlled trial of a mindfulness-based intervention in social workers working during the COVID-19 crisis. *Current Psychology*.  
<https://doi.org/10.1007/s12144-021-02150-3> ([Access here](#)) (SSCI | Scopus)

**Hosseinzadeh Asl, N., & İl, S.** (2021). The effectiveness of a brief mindfulness-based program for social work students in two separate modules: Traditional and online. *Journal of Evidence-Based Social Work*, 1-22. <https://doi.org/10.1080/26408066.2021.1964670> ([Access here](#)) (ESCI | Scopus)

**Hosseinzadeh Asl, N. , Dölek, K. , & İl, S.** (2021). Sosyal Hizmet ve Bilinçli Farkındalık Uygulamaları. *Toplum ve Sosyal Hizmet* , 32 (2) , 643-659 . <https://doi.org/10.33417/tsh.807494> ([Access here](#))

Dölek, K., **Hosseinzadeh-Asl, N.**, & İl, S. (2020). Onkolojik sosyal hizmet ve bilinçli farkındalık temelli stres azaltma. *Turkish Studies - Social*, 15(5), 2471-2482.  
<https://doi.org/10.47356/TurkishStudies.44280> ([Access here](#))

**Hosseinzadeh-Asl, N.**, Emamvirdi, R., & Colakoglu, F.F., Dölek, K. (2020). The effectiveness of a four-week online mindfulness yoga practice on psychological health of undergraduate students during the coronavirus (covid-19) pandemic, *The Journal of International Social Research* 13 (72), 1064-1069. <https://doi.org/10.17719/jisr.10948> ([Access here](#))

- Emamvirdi, R., **Hosseinzadeh-Asl, N.**, İlhan, L., Çolakoğlu, F. (2020). Bedensel Engelli Sporcularda Psikolojik Esneklik ve Spora Katılım Motivasyonu. *Beden Eğitimi ve Spor Bilimleri Dergisi*, 14 (2) , 271-281.([Access here](#))
- Emamvirdi, R., **Hosseinzadeh Asl, N.**, & Colakoglu, F.F. (2016). Health-related quality of life with regard to smoking, consumption of alcohol, and sports participation. *Iran Red Crescent Med J*, 18(7), e27919. <https://doi.org/10.5812/ircmj.27919> (SCI Expanded) ([Access here](#))
- Emamvirdi, R., Colakoglu, F.F., & **Hosseinzadeh-Asl, N.** (2016). Examination of the health-related quality of life of physical education and sports students. *Journal of Physical Education & Sports Science*, 10(2), 235-244. ([Access here](#))
- Hosseinzadeh Asl, N.**, & Barahmand, U. (2014). Effectiveness of mindfulness-based cognitive therapy for co-morbid depression in drug-dependent males. *Archives of Psychiatric Nursing*, 28(5), 314-318. <https://doi.org/10.1016/j.apnu.2014.05.003> (SCI Expanded | SSCI) ([Access here](#))
- Hosseinzadeh Asl, N.**, & Hosseinalipour, F. (2014). Effectiveness of mindfulness-based stress reduction intervention for health-related quality of life in drug-dependent males. *Iran Red Crescent Med J*, 16(9), e12608. <https://doi.org/10.5812/ircmj.12608> (SCI Expanded) ([Access here](#))

#### CONFERENCE PAPERS AND PRESENTATIONS

- Hosseinzadeh-Asl, N.**, (2021). Mindfulness Practices in Clinical Social Work Education. SWES 2021 Social Work Education Symposium: 60th Anniversary of Social Work Education in Turkey (Abstract/Presentation). (English).
- Emamvirdi, R., **Hosseinzadeh-Asl, N.**, İlhan, L., Çolakoğlu, F. (2020). Beden eğitimi ve spor, müzik ve resim öğretmenliği bölümlerinde öğrenim gören öğrencilerin sağlık ile ilgili yaşam kalitesi. 17. *Uluslararası Spor Bilimleri Kongresi*, 14 (2) , 271-281. (Tam Metin)
- Hosseinzadeh-Asl, N.**, Poursharifi, H. (2012). A comparison of health-related quality of life among normal-weight, overweight and obese adolescent. *Procedia - Social and Behavioral Sciences*, 30, 1272–1276. <https://doi.org/10.1016/j.sbspro.2011.10.246> (Tam Metin) ([Access here](#))
- Hosseinzadeh-Asl, N.**, Poursharifi, H. (2012). The relationship between health-related quality of life and disturbed attitudes towards eating in adolescent of normal BMI. *Procedia - Social and Behavioral Sciences*, 30, 2068–2073. <https://doi.org/10.1016/j.sbspro.2011.10.402> (Tam Metin) ([Access here](#))

**BOOKS AND CHAPTERS**

**Hosseinzadeh Asl, N.** (2023). Cognitive Behavior and Mindfulness-Based Therapies. O. Zengin, & M. Oral , *Vaka Örnekleriyle Sosyal Hizmet Uygulama Modelleri*. ANKARA: Nobel Akademik Yayıncılık.

**Hosseinzadeh Asl, N.** (2022). Evrensel Değerler Bağlamında Etik, Bölüm adı: Etik Karar Verme Modelleri. Eğitim Yayınevi, Editör: Aslan Şebnem, Akarçay Ulutaş Demet, ISBN: 978-625-7405-80-5

**Hosseinzadeh Asl, N.** (2020). *Mindfulness: An emerging trend towards efficient clinical social work interventions*, Gazi Kitabevi Yay., Ankara, ISBN: 978-625-7588-63-8

**Google Scholar Citations:**

<https://scholar.google.com/citations?hl=en&user=ZigNG9wAAAAJ>