

## **Personality and Health Psychology Research Group**

Institute of Psychology

**Head of Research Group:** Zsuzsanna Mirnics, PhD

**Established: 2018**

### **Members (full-time lecturers):**

- Zsuzsanna Mirnics, PhD
- Erika Nyitrai, PhD
- Anett-Szabó-Bartha, PhD
- habil. Enikő Csilla Kiss, PhD
- Zsuzsanna Tanyi, PhD
- Andrea Ferenczi, PhD
- Sándor Rózsa, PhD

### **Current associates and experts from KRE:**

- Zsuzsanna Kövi, PhD
- Máté Smohai, PhD
- Szabolcs Takács, PhD
- Veronika Mészáros, PhD
- Andrea Bálint, schema therapist, PhD student

### **Former associates:**

- Nikolett Eisenbeck, PhD
- Ilona Szili, PhD

### **Brief description:**

The Personality and Health Psychology Research Group focuses primarily on topics of Health Psychology and Positive Psychology, initiating research projects related to mental health prevention. We conduct qualitative and quantitative studies focusing on risk and protective factors of mental health. Some of our research projects are primarily oriented towards the psychology of religion, highlighting the role of gratitude, spirituality, and mindfulness in preserving mental health. We also deal with the mechanisms of psychological change and effectiveness of certain therapeutic and self-development methods. The members of our professional community cooperate with other research workshops of the KRE Psychological Institute, such as the Person- and Family-Oriented Health Sciences

Research Group. We also provide opportunities for students' research initiatives and research internships.

**Main publications in English:**

Mirnic Zs., Hittner J. B., Swickert R.J., Kovi Zs. (2020): Mindfulness and Positive/Negative Affect: Mediation Models of Gratitude and Social Support: A Cross-Cultural Replication Study. *Journal of Health Psychology*. <https://journals.sagepub.com/doi/full/10.1177/1359105320946389>

Ferenczi A., Kovi Zs., Mirnic Zs.(2021): Relations between God-images and early maladaptive schemas. *Psychiatria Danubina* 33 (S4): 823.-843

Mirnic Zs., Kovi Zs., Tanyi Zs., Grezsa F.(2021): Adolescent drug use, relational variables and personality factors. *Psychiatria Danubina*, 33 (S 4): 656-665.

Szabó-Bartha A, Mirnic Z (2021). Representations of Chronic Illness in Patients and Their Partners. *Psychiatria Danubina* 33 (S 4):432-440.