

## Assoc. Prof. ZEYNEP AYDIN SÜNBL

### Personal Information

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### International Researcher IDs

ORCID: 0000-0001-8084-2344

Publons / Web Of Science ResearcherID: AAR-2104-2020

Yoksis Researcher ID: 26757

### Education Information

Postgraduate, Istinye University, Lisansüstü Eğitim Enstitüsü, Klinik Psikoloji (YL) (TEZSİZ), Turkey 2023 - 2024

Doctorate, Middle East Technical University, Graduate School Of Social Sciences, Turkey 2012 - 2016

Postgraduate, Cukurova University, Sosyal Bilimler Enstitüsü, Turkey 2009 - 2012

Undergraduate, Bogazici University, Faculty Of Education, Department Of Educational Sciences, Turkey 2004 - 2009

### Foreign Languages

English, C2 Mastery

### Dissertations

Doctorate, The relationship between mindfulness and resilience among adolescents: Mediating role of self compassion and difficulties in emotion regulation, Middle East Technical University, Graduate School Of Social Sciences, 2016

Postgraduate, Ergenlerde olumlu sosyal davranışları yordamada koruyucu faktörler ve bazı kişisel değişkenlerin rolü, Cukurova University, 2012

### Research Areas

Education, Educational Sciences

### Academic Titles / Tasks

Associate Professor, Kocaeli University, Eğitim Fakültesi, Özel Eğitim, 2019 - Continues

Assistant Professor, Istanbul Medipol University, Faculty Of Education, Department Of Educational Sciences, 2015 - 2019

Lecturer, Istanbul Okan University, Faculty Of Education, 2013 - 2015

### Academic and Administrative Experience

Head of Department, Kocaeli University, Eğitim Fakültesi, Özel Eğitim, 2024 - Continues

## Published journal articles indexed by SCI, SSCI, and AHCI

- I. **The mediating role of depression and anxiety on the relationship between mindfulness and college adjustment**  
Çalışkan F. C., Akmeahmet-Şekerler S., Kızıltepe Z., AYDIN SÜNBÜL Z., Börkan B.  
British Journal of Guidance and Counselling, vol.52, no.4, pp.613-627, 2024 (SSCI)
- II. **The Role of Trait Mindfulness, Self-Compassion, and Caring for Bliss in Life Satisfaction: Controlling for Perceived Stress during the COVID-19 Pandemic**  
AYDIN SÜNBÜL Z., Cekici F.  
STUDIA PSYCHOLOGICA, vol.65, no.1, pp.71-85, 2023 (SSCI)
- III. **The Mediating Role of Negative Mood States and Body Respon- siveness in the Associations of Mindfulness and Self-Compassion with Life Satisfaction**  
Sunbul Z., Ozcan N. A.  
STUDIA PSYCHOLOGICA, vol.64, no.4, pp.343-355, 2022 (SSCI)
- IV. **Indirect relations of mindful awareness with different forms of prosocial actions within college students: The mediating role of empathy**  
AYDIN SÜNBÜL Z.  
Current Psychology, vol.40, pp.126-132, 2021 (SSCI)
- V. **Psychological capital and job satisfaction in public-school teachers: the mediating role of prosocial behaviours**  
AYDIN SÜNBÜL Z., Aslan Gordesli M.  
JOURNAL OF EDUCATION FOR TEACHING, vol.47, pp.147-162, 2021 (SSCI)
- VI. **Mindfulness, Positive Affection and Cognitive Flexibility as Antecedents of Trait Resilience**  
Aydın Sünbül Z.  
Studia Psychologica, vol.62, no.4, pp.277-290, 2020 (SSCI)
- VII. **Psychometric properties of a Turkish version of the body connection scale and exploring the mediating role of body connection in interpersonal emotion regulation, mindfulness and flourishing**  
Arıcı Özcan N., Aydın Sünbül Z.  
CURRENT PSYCHOLOGY, vol.39, no.6, pp.2040-2051, 2020 (SSCI)
- VIII. **The relationship between mindfulness and resilience: The mediating role of self compassion and emotion regulation in a sample of underprivileged Turkish adolescents**  
Sunbul Z., Guneri O. Y.  
PERSONALITY AND INDIVIDUAL DIFFERENCES, vol.139, pp.337-342, 2019 (SSCI)

## Articles Published in Other Journals

- I. **COMPARISON OF TURKISH AND AZERBAIJANI UNIVERSITY STUDENTS IN TERMS OF PERCEIVED STRESS, STRESS SYMPTOMS AND STRES COPING STRATEGIES**  
Namazova Ş., Aydın Sünbül Z., Çolakkadioğlu O.  
International Journal of Education Technology and Scientific Researches, vol.8, no.23, pp.1253-1266, 2023 (Peer-Reviewed Journal)
- II. **Positive Characteristics in Primary School Teachers: The Interactive Roles of Psychological Capital and Mindfulness in Teaching**  
Gördesli M. A., Aydın Sünbül Z.  
International Journal of Psychology and Educational Studies (IJPES), vol.8, no.4, pp.55-66, 2021 (Peer-Reviewed Journal)
- III. **Ebeveyn Stres Ölçeği Türkçe Formu'nun Psikometrik Özellikleri**  
Gördesli M. A., Aydın Sünbül Z.  
Türk Psikolojik Danışma ve Rehberlik Dergisi, vol.11, no.61, pp.199-213, 2021 (Peer-Reviewed Journal)
- IV. **Authenticity in Relationships Scale (AIRS): Turkish Adaptation and Validation Study**

ARSLAN R., ÇEKİCİ F., AYDIN SÜNBÜL Z., MALKOÇ A., ASLAN GÖRDESLİ M.

Trakya Eğitim Dergisi, vol.11, no.1, pp.439-449, 2021 (Peer-Reviewed Journal)

- V. **Self-compassion and Resilience in Parents of Children with Special Needs: The Mediating Role of Hope**  
Aydın Sünbül Z., Gördesli M. A.  
CUKUROVA UNIVERSITY FACULTY OF EDUCATION JOURNAL, vol.49, pp.690-705, 2020 (ESCI)
- VI. **The relationship between emotional literacy, cognitive flexibility and counseling self-efficacy of senior students in psychology and psychological counseling and guidance**  
Malkoç A., Aydın Sünbül Z.  
Educational Research and Reviews, vol.15, no.1, pp.27-33, 2020 (Peer-Reviewed Journal)
- VII. **How grit mediates the relations between personality and GPA in university students?**  
Aydın Sünbül Z.  
Cypriot Journal of Educational Sciences, vol.14, no.2, pp.257-265, 2019 (Scopus)
- VIII. **The Moderating Role of Authenticity in the Relationship Between Valued Living and Life Satisfaction in Undergraduate Students**  
ÇEKİCİ F., AYDIN SÜNBÜL Z., MALKOÇ A., ASLAN GÖRDESLİ M., ARSLAN R.  
Journal of Education and Training Studies, vol.7, no.3, pp.22-28, 2019 (Peer-Reviewed Journal)
- IX. **The Psychometric Properties of the Mindfulness in Teaching Scale in a Turkish Sample**  
Aslan Gördesli M., Arslan R., Çekici F., Aydın Sünbül Z., Malkoç A.  
Universal Journal of Educational Research , vol.7, no.2, pp.381-386, 2019 (Scopus)
- X. **The Relationship between Interpersonal Emotion Regulation and Interpersonal Competence Controlled for Emotion Dysregulation**  
Malkoç A., Aslan Gördesli M., Arslan R., Çekici F., Aydın Sünbül Z.  
International Journal of Higher Education, vol.8, no.1, pp.69-76, 2019 (Scopus)
- XI. **Interpersonal Emotion Regulation Scale (IERS): Adaptation and Psychometric Properties in a Turkish Sample**  
MALKOÇ A., ASLAN GÖRDESLİ M., ARSLAN R., ÇEKİCİ F., AYDIN SÜNBÜL Z.  
International Journal of Assessment Tools in Education, vol.5, no.4, pp.754-762, 2018 (ESCI)
- XII. **Hope as a Unique Agent of Resilience in Socio-economically Disadvantaged Adolescents**  
AYDIN SÜNBÜL Z., ÇEKİCİ F.  
International Journal of Evaluation and Research in Education, vol.7, no.4, pp.299-304, 2018 (Scopus)
- XIII. **Mindful Self-Care Scale (MSCS): Adaptation and Validation in a Normative Turkish Sample**  
Aydın Sünbül Z.  
European Journal of Educational Research , vol.7, no.4, pp.887-892, 2018 (Scopus)
- XIV. **Değer Odaklı Yaşam Ölçeği: Türk kültürüne uyarlama, geçerlik ve güvenirlik çalışması**  
Çekici F., Aydın Sünbül Z., Malkoç A., Aslan Gördesli M., Arslan R.  
TURKISH STUDIES - EDUCATIONAL SCIENCES, vol.13, no.19, pp.459-471, 2018 (Peer-Reviewed Journal)
- XV. **Homesickness in the first-year college students: The role of personality and attachment styles**  
AYDIN SÜNBÜL Z., ÇEKİCİ F.  
International Journal of Social Sciences and Education Research, vol.4, no.3, pp.412-420, 2018 (Peer-Reviewed Journal)
- XVI. **Ergenlerde Olumlu Sosyal Davranışları Yordamada Koruyucu Faktörler ve Bazı Kişisel Değişkenlerin Rolü**  
AYDIN SÜNBÜL Z., Güçray S. S.  
TÜRK PSİKOLOJİK DANIŞMA VE REHBERLİK DERGİSİ, vol.6, no.45, pp.101-114, 2016 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **Ruh Sağlığı Alanında Çalışan Uzmanlar İçin TRAVMA VE KRİZE MÜDAHALE İLKE VE TEKNİKLERİ - Vaka Örneği ile**

Arıcı Özcan N. (Editor), Çekici F. (Editor), Aydın Sünbül Z. (Editor)

Nobel Yayın Dağıtım, Ankara, 2024

**II. Kabul ve Kararlılık Terapisi**

Aydın Sünbül Z.

in: Ruh Sağlığı Profesyonelleri İçin El Kitabı: Kuram, İlke ve Teknikler, Asude Malkoç, Meltem Aslan Gördesli, Editor, Nobel Yayın Dağıtım, Ankara, pp.429-463, 2020

**III. Batılı Olmayan Asya Temelli Yaklaşımlar**

Aydın Sünbül Z.

in: Geçmişten Günümüze Kişilik Kuramları, Burhan Çapri, Editor, Nobel Yayın Dağıtım, Ankara, pp.777-800, 2020

**IV. Dikkat Eksikliği ve Hiperaktivite Bozukluğunda Alternatif Uygulamalar**

Aydın Sünbül Z.

in: DİKKAT EKSIKLİĞİ VE HİPERAKTİVİTE BOZUKLUĞURuh Sağlığı Çalışanları, Alan Uzmanları, Öğrenciler ve Aileler İçin Kuramdan Uygulamaya, A. Şebnem Soysal Acar Başak Karateke Hasra Avcı Kızbes Meral Kılıç, Editor, Nobel Yayın Dağıtım, Ankara, pp.849-860, 2019

**V. Değer, ilgi ve tutumların ölçülmesi**

Aydın Sünbül Z.

in: Psikolojik Testler, İlkeler, Uygulama ve Tanıtım, Yasemin Yavuzer Zeynep Karataş, Editor, Pegem A Yayıncılık, Ankara, pp.317-350, 2019

**VI. Ergenlik**

Aydın Sünbül Z.

in: Yaşamboyu Gelişim, Filiz Yurtal, Editor, Nobel Yayın Dağıtım, Ankara, pp.188-209, 2019

**VII. EXPLORATION OF THE CONNECTIONS BETWEEN SELF-COMPASSION AND SUB-DIMENSIONS TO WELL-BEING IN MENTAL HEALTH CANDIDATES**

Aydın Sünbül Z.

in: Paradigms and Understanding Social Issues, Adem Erdem Erbaş, Editor, IJOPEC Publication Limited, London, pp.53-61, 2018

**VIII. Asya ve Beden Terapileri**

Aydın Sünbül Z.

in: Psikolojik Danışma ve Psikoterapi Kuramları: Örnek Uygulamalarla Temel ve Güncel Kuramlar, Zeynep Karataş, Yasemin Yavuzer, Editor, Pegem A Yayıncılık, Ankara, pp.659-732, 2018

## **Refereed Congress / Symposium Publications in Proceedings**

**I. RPD Program Geliştirme Çalışması- Kocaeli Üniversitesi Örneği**

Akfırat O. N., Kablan Z., Öztan Ulusoy Y., Tura G., Aydın Sünbül Z., Dolunay Cuğ F., Arslan S., Çokay E. Psikolojik Danışman Eğitimi, Süpervizyonu ve Akreditasyonu Sempozyumu, 13 - 15 May 2022

**II. Psychometric Properties of The Turkish Version of The Body Connection Scale**

Arıcı Özcan N., Aydın Sünbül Z.

VIIth International Eurasian Educational Research Congress, 10 - 13 September 2020, pp.212-213

**III. The Predictive Effects of Stress Coping Mechanisms on the Tendency of College Students to Use Social Resources in order to Regulate Their Emotions**

AYDIN SÜN BÜL Z.

International Conference on Multidisciplinary Sciences, 15 - 16 December 2018

**IV. The Role of Interpersonal Emotion Regulation On Interpersonal Competency Controlled For the Effect of Difficulties in Emotion Regulation (Kişilerarası Yetkinliği Açıklamada Kişilerarası Duygu Düzenleme ve Duygu Düzenleme Güçlüğünün Rolü)**

MAL KOÇ A., ASLAN GÖRDES Lİ M., ARSLAN R., ÇEKİCİ F., AYDIN SÜN BÜL Z.

International Necatibey Educational and Social Sciences Research Congress, Balıkesir, Turkey, 26 - 28 October 2018, pp.15-16

**V. Exploring the Core Values and the Relation of Valued Living to Flourishing in Counseling Students**

AYDIN SÜNBÜL Z.

20th International Congress on Psychological Counseling and Guidance, 25 - 27 October 2018

**VI. Exploration of the Connections between Self-compassion and Sub-dimensions to Well-being in Mental Health Candidates.**

AYDIN SÜNBÜL Z.

8. International Congress on Current Debates in Social Sciences, 29 September 2018

## **Metrics**

Publication: 38

Citation (WoS): 35

Citation (Scopus): 38

H-Index (WoS): 3

H-Index (Scopus): 4

## **Non Academic Experience**

MILLI EGITIM BAKANLIGI