

# Curriculum vitae

## 1. Personal information

Name: Lilla Török  
Date of birth: May 5. 1988.  
Place of birth: Esztergom, Hungary  
Current position: Research Fellow  
E-mail: [torok.lilla@tf.hu](mailto:torok.lilla@tf.hu)



Lilla is a Hungarian researcher and sport psychologist. She is interested in the social psychological aspects of human performance (sport as well as academic achievement). More specifically, she is committed to have a deeper understanding of self-related processes, such as self-esteem, self-protection, self-handicapping and self-deception, and how these concepts connect to the way we think about ourselves and our characteristics. Her investigations aim to help students as well as athletes to feel and perform better in their fields. Lilla is also a track and field referee, who likes running, puddle surfing, skiing and reading in her free time.

## 2. Education

2006 - 2009	<b>University of Pécs, Faculty of Humanities, Psychology; Pécs</b>
2012	University of Pécs, <b>MA degree (Social and Organisational Psychology specialization)</b>
2012 -	Semmelweis University/University of Physical Education, <b>PhD student</b>
2015	Semmelweis University/University of Physical Education, <b>sport psychologist</b>
2021	Doctor of Philosophy ( <b>PhD</b> )

## 3. Languages

2004	<b>English</b> intermediate level language exam (TELC)
2012	<b>Spanish</b> intermediate level language exam (ECL)
	<b>Latin</b> knowledge at intermediate level

## 4. Scholarships, abroad experiences

2010-2011	<b>Hungarian Republican Scholarship</b>
2011 O.- 2012 M.	<b>ERASMUS</b> scholarship (working practice); <b>Valencia, Spain</b>
2014	<b>Young Researcher Award</b> , Alps-Adria Psychology Conference, Pécs, Hungary

## 5. Research interests

**Self-handicapping**  
**Implicit theory of ability**  
Self-zoo

## Publications

### 2. Principal conference presentations and publications

- 2009            **Török, L.** (2009). Similarities between real and imagined motor movements among professional long jumpers. *START International Youth Scientific Conference*, Pécs, Magyarország.
- 2011            **Török, L.** (2011). Perfectionism, and attribution of positive and negative events among athletes. In M. Szappanyos (Szerk.) *IX. Grastyán Conference* (pp. 482-493.). Pécs: PTE Grastyán Endre Szakkollégiuma.
- 2012            Selmecci B., **Török L.**, & Tóth L. (2012). Tesztek és tréningeszközök alkalmazása a sportpszichológiában [Applying questionnaires and training devices in sport psychology]. *Mozgásbiológiai Konferencia*, Budapest, Hungary.
- Selmecci B., **Török L.**, & Tóth L. (2012). A finommotoros képességek meghatározása Fleishman-féle módszerrel [The determination of sensorimotor skills using Fleishman-method]. *Mozgásbiológiai Konferencia*, Budapest, Hungary.
- 2014            **Török, L.**, Szabó, Zs. P., & Boda-Ujlaky, J. (2014). Self-esteem, self-conscious emotions, resilience, trait anxiety and their relation to self-handicapping tendencies. *Review of Psychology*, 21(2), 123-130.
- 2015            **Török, L.**, & Szabó, Zs. P., (2015, July). Perfectionism, self-handicapping and attribution of positive and negative events among athletes. Poster presented at the *14th FEPSAC European Sport Psychology Congress*, Bern, Switzerland.
- 2016            **Török, L.**, Szabó, Zs. P., & Boda-Ujlaky, J. (2016). Az önakadályozás pszichológiája [The psychology of self-handicapping]. *Hungarian Psychological Review*, 71(3), 513-540.
- Boda-Ujlaky, J. & **Török, L.** (2016). A szenzoros élménykeresés, a megküzdési stratégiák és a célorientáció összefüggései a sportban [The relationship between sensation seeking, coping strategies and goal orientation in sports]. *Hungarian Review of Sport Science*, 17(68), 9-16.
- Gadanez, P., Kun, A., Takács, V., **Török, L.** (2016). Az agresszió, a düh és a szubjektív jóllét alakulása labdarúgócsapatoknál különböző téthelyzetekben [Aggression, anger and subjective well-being of football teams in situations with different level of pressure]. *Alkalmazott Pszichológia [Applied Psychology]*, 16(3), 35-55.
- 2017            **Török, L.**, Szabó, Zs. P., & Tóth, L. (2017). Önakadályozás az iskolában: elméleti keretek, prevenció és mérési lehetőségek [Academic self-handicapping: theoretical

background, prevention and measurement]. *Magyar Pedagógia [Hungarian Pedagogy]*, 117(1), 49-72.

Boda-Ujlaky, J., **Török, L.**, & Leszkovszki, F. (2017). Hamis negatív és pozitív pillanatnyi pszichés állapot visszajelzés hatása a fizikai teljesítményre [The effects of false negative and positive mood feedback on physical performance]. *Hungarian Review of Sport Science*, 18(71), 19-24.

**Török, L.**, Kovács, K., Gyömbér, N., Boda-Ujlaky, J., Lénárt, Á. (2017). Sport psychology in 2017. The most important topics of the World Congress of the International Society of Sport Psychology. *Physical Education, Sport, Science*, 2(4), 45-54.

**Török, L.** (2017, July). The relationship between positive and negative perfectionism and mental health among athletes. Poster presented at the *14th ISSP World Congress of Sport Psychology*, Sevilla, Spain.

2018 **Török, L.**, & Szabó, Zs. P. (2018). The theory of self-handicapping: forms, influencing factors and measurement. *Ceskoslovenska Psychologie*, 62(2), 173-188.

**Török, L.**, Szabó, Zs. P., Tóth, L. (2018). A critical review of the literature on academic self-handicapping: theory, manifestations, prevention and measurement. *Social Psychology of Education*, 21(5), 1175-1202.

2019 **Török, L.**, Orosz, G., Szabó, Z., & Nagy, T. (2019, May). Manipulating Implicit Theory of Intelligence Moderated the Relationship between Previously Held Theory of Ability and Self-Handicapping. Poster presented at the *31st APS Annual Convention*, Washington, USA.

**Török, L.**, Boda-Ujlaky, J., Csertő, I., Jákfalvi, A., Virág, K., & Fodor, Sz. (2019, May). Comparing Psychological Narratives Formed By Students with and without a Mindset Intervention. Poster presented at the *31st APS Annual Convention*, Washington, USA.

Vékony, T., **Török, L.**, Tóth, L., Schipper, K., Pedraza, F., Pleche, C., Janacsek, K., & Nemeth, D. (2019, June). Accessing to well-established probabilistic memory representations under dual-tasking. Poster presented at the *International meeting of the LabEx CORTEX*, Lyon, France.

2020 Vékony, T., **Török, L.**, Pedraza, F., Schipper, K., Pleche, C., Tóth, L., Janacsek, K., & Nemeth, D. (2020). Retrieval of a well-established skill is resistant to distraction: evidence from an implicit probabilistic sequence learning task. *PLOS ONE*, 15(12), e0243541.

Nagy, T., Sik, K., **Török, L.**, Bóthe, B., Takacs, Z. K., & Orosz, G. (under review).  
Brief growth mindset and mindfulness inductions to facilitate effort after negative  
feedback