

CURRICULUM VITAE

— LILLA TÖRÖK, PH.D. —

Post-doctoral Researcher,
Sherpas Lab
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PERSONAL INFORMATION

Citizenship	Hungarian
Languages	Hungarian (native), English (proficient), Spanish (medium), French (beginner)
Personal Websites	https://www.researchgate.net/profile/Lilla-Toeroek https://scholar.google.hu/citations?hl=hu&user=CtHWS8wAAAAJ
Current	Post-doctoral Researcher (Former: Research Fellow)
Affiliation	Sherpas Lab, Artois University, Arras, France (Former: Hungarian University of Sports Science, Budapest, Hungary)

ONGOING RESEARCH

The Self-reflective/Self-deceptive Elements of Self-Handicapping Principal Investigator	09/2016 – present
Self-developmental Competitive Mindset Intervention Co-Principal Investigator	02/2022 – present
Growth Mindset Interventions with Mindfulness Elements Collaborative Researcher	01/2021 – present
The Role of Self-Conscious Emotions in Perceptual Decision-Making Processes - a Comparison between Athletes and Non-Athletes Collaborative Researcher	01/2017 – present

RESEARCH INTERESTS

Threat and self-protection
Self-zoo
Implicit beliefs
Automatic/unconscious processes
Wise social-psychological interventions

METHODS

Experimental social psychology (online/offline)
Social psychological intervention design
Self-reported survey

EDUCATION AND QUALIFICATIONS

Ph.D. in Social Psychology	Ph.D. Thesis: “ <i>Exploring the Causes of Self-Handicapping, and Related Biases Through Questionnaire and Experimental Methodology</i> ” University of Pécs, Hungary	03/2021
Sport Psychologist	Semmelweis University, Hungary	06/2015
M.A. in Psychology	University of Pécs, Hungary	02/2013

UNIVERSITY-RELATED AND ACADEMIC RESEARCH POSITIONS

Post-Doc	Sherpas Lab <i>Artois University</i> France	2022 –
Learning Support Expert	Student Support Services <i>Corvinus University</i> Hungary	2019 – 2022
Assistant Research Fellow	Department of Psychology and Sport Psychology <i>Hungarian University of Sports Science</i> Hungary	2017 – 2022

SCHOLARSHIPS, AWARDS, AND HONOURS

Visiting Scholar at Université des Antilles Erasmus+ Program for 7 days With a support of ~1,900 EUR	2018
Visiting Scholar at Western University Erasmus+ Program for 7 days With a support of ~2,200 EUR	2017
Young Researcher Award Awarded by the Alps-Adria Psychology Conference	2014
Erasmus Scholarship In Valencia, Spain for 6 months With a support of ~4,200 EUR	2011 – 2012
Scholarship of the Hungarian Republic The top 0.8% of Hungarian university students received this award With a support of ~1,000 EUR	2010

PUBLICATIONS

PUBLICATION SUMMARY

Number of peer-reviewed journal articles: 16

First authored (or equal contribution) peer-reviewed journal articles: 9

Google Scholar Data:

Total number of citations: 186

h-index: 7

i10-index: 5

MAIN PUBLISHED PEER-REVIEWED ARTICLES

1. Orosz, G., **Török, L.**, Takacs, Z. K., Evans, K. M., Sik, K., Rigaud, K., Gál, É., & Bóthe, B. (2024). "Mindfulness"—harnessing or unleashing learning potential through mindfulness mindset. *Journal of Educational Psychology*, *116*(3), 466–488. <https://doi.org/10.1037/edu0000839> (SCImago, **Q1**)
2. Nagy, T., Sik, K., **Török, L.**, Bóthe, B., Takacs, Zs., & Orosz, G. (2023). Brief growth mindset and mindfulness inductions to facilitate task persistence after negative feedback. *Collabra: Psychology*, *9*(1), 74253. doi: 10.1525/collabra.74253 (SCImago, **Q1**)
3. Orosz, G., Evans, K., **Török, L.**, Bóthe, B., Tóth-Király, I., Sik, K., & Gal, E. (2023). The Differential Role of Growth Mindset and Trait Mindfulness in the Motivation of Learning from Criticism. *Mindfulness*, *14*, 868–879. doi: 10.1007/s12671-023-02117-4 (SCImago, **Q1**)
4. **Török, L.**, Szabó, Zs. P., & Orosz, G. (2022). Promoting Growth Mindset Decreases Behavioral Self-Handicapping among Students who are on the Fixed Side of the Mindset Continuum. *Scientific Reports*, *12*: 7454. doi: 10.1038/s41598-022-11547-4 (SCImago, **Q1**)
5. **Török, L.**, Szabó, Zs. P., & Orosz, G. (2022). Elite Athletes' Perfectionistic Striving vs. Concerns as Opposing Predictors of Self-Handicapping with the Mediating Role of Attributional Style. *Frontiers in Psychology*, *13*, 862122. doi: 10.3389/fpsyg.2022.862122 (SCImago, **Q1**)
6. Vékony, T.*, **Török, L.***, Pedraza, F., Schipper, K., Pleche, C., Tóth, L., Janacek, 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. doi: 10.1371/journal.pone.0243541 (SCImago, **Q1**)
7. Takács, J., & **Török, L.** (2019). The relationship between daily physical activity, subjective sleep quality, and mood in sedentary Hungarian adults: A longitudinal within-subjects study. *Developments in Health Sciences*, *2*(3), 79–85. doi: 10.1556/2066.2.2019.013
8. **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. doi: 10.1007/s11218-018-9460-z (SCImago, **Q1**)
9. **Török, L.**, & Szabó, Zs. P. (2018). The theory of self-handicapping: forms, influencing factors and measurement. *Ceskoslovenska Psychologie*, *62*(2), 173–188. (SCImago, **Q3**)
10. **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]. *Hungarian Pedagogy*, *117*(1), 49–72. doi: 10.17670/MPed.2017.1.49
11. 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 Sports Science*, *18*(71), 19–24.
12. **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. doi: 10.21846/TST.2017.4.4

13. **Török, L.**, Szabó, Zs. P., & Boda-Ujlaky, J. (2016). Az önakadályozás pszichológiája [The psychology of self-handicapping: A review]. *Hungarian Psychological Review*, 71(3), 513–540. doi: 10.1556/0016.2016.71.3.6 (SCImago, **Q4**)
14. 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 Sports Science*, 17(68), 9–16.
15. Gadanez, P., Kun, A., Takács, V., & **Török, L.** (2016). Az agresszió, a düh és a szubjektív jóllét alakulása labdarúgócsapatoknál különböző téhelyzetekben [Aggression, anger and subjective well-being of football teams in situations with different level of pressure]. *Applied Psychology in Hungary*, 16(3), 35–55.
16. **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. (SCImago, **Q4**)

CONFERENCE PRESENTATIONS

1. **Török, L.**, Szabo, Zs., & Orosz, G. (2023, February) Promoting a growth mindset decreases behavioral self-handicapping among students who are on the fixed side of the mindset continuum. *SPSP 2023 Annual Convention*, Atlanta.
2. 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.
3. **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.
4. **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.
5. **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.
6. **Török, L.**, Szabó, Zs. P., & Boda-Ujlaky, J. (2014). Self-esteem, self-conscious emotions, resilience, trait anxiety and their relation to self-handicapping tendencies. *Alps-Adria Psychology Conference*, Pécs, Hungary.
7. Selmei B., **Török L.**, & Tóth L. (2012). Tesztek és tréningeszközök alkalmazása a sportpszichológiában [Applying questionnaires and training devices in sport psychology]. *Movement Biology Conference*, Budapest, Hungary.
8. Selmei B., **Török L.**, & Tóth L. (2012). A finnmotoros képességek meghatározása Fleishman-féle módszerrel [The determination of sensorimotor skills using Fleishman-method]. *Movement Biology Conference*, Budapest, Hungary.
9. **Török, L.** (2009, May). Similarities between real and imagined motor movements among professional long jumpers. *START International Youth Scientific Conference*, Pécs, Hungary.

AD-HOC JOURNAL REVIEWS

Československá psychologie
 Frontiers in Psychology
 Journal of American College Health
 Psychological Reports

Scientific Reports
Social Psychology of Education

DISSEMINATION

- I am devoted to write pop-science in order to spread psychological knowledge; therefore, I write frequently in a popular Hungarian [magazine](#).