

## TAMÁS MARTOS, Ph.D.

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## WORK EXPERIENCE

2016-

**Full professor (since 2020)**

University of Szeged, Institute of Psychology

- Lectures in personality and health psychology
- Training for professional socialization for psychology students
- Research, scientific publications

[Education, training](#)

2008-2016

**Associate professor (until 2012: senior lecturer)**

Semmelweis University, Institute of Mental Health

- Lectures in family therapy and family studies
- Leader of the development of the curriculum for the Mental health oriented family studies and family therapy master
- Lectures in developmental psychology
- Training groups in the Specialist Training Course in Mental Health and Organizational Development (interprofessional teams, counselling techniques, supervision of the professional praxis, support and supervision for project in mental health promotion)
- Supervisor and lecturer in PhD training
- Research, scientific publications

[Education, training](#)

2004-2008

**Assistant lecturer**

Pazmany Peter Catholic University, Institute of Psychology

- Lectures in personality psychology
- Lectures in developmental psychology, social psychology and professional self knowledge trainings in pedagogical curriculum

[Education, training](#)

2004-2008

**School psychologist (part time)**

Szent Angéla Primary and High School

- Group trainings for students and teachers
- Supervision
- Counseling
- Diagnostic assessment

[Education, training](#)

2004-

**Psychodrama leader**

▪ Organization and leading of psychodrama self-reflection groups (in sum > 1500 hours group leading)  
 Development of a 60 hour accredited training program for teachers "Development of the professional competencies of teachers with psychodrama" (together with Zsuzsa Marlok, in the frames of Hungarian Association for Psychodrama)

[Education, training](#)

2005 - 2010

**PhD, summa cum laude**

Semmelweis University, PhD School, PhD in clinical psychology: "Life goals and mental health in the Hungarian society"

Supervisor : Dr. Mária Kopp

- 1996-2003 **Psychologist, MA**  
ELTE, Faculty of Psychology and Pedagogy, Budapest
- 1986-1992 **Architect**  
Budapest Technical University, Faculty of Architecture
- 1998-2004 **Psychodrama leader**  
Hungarian Association of Psychodrama, Budapest
- 2020 **Marital and family therapist**  
Hungarian Marital and Family Therapy Association, Budapest
- 2017 **Clinical health psychologist**  
University of Sciences, Szeged

## Publications

**Selected Peer-reviewed Publications in English****Five most relevant recent publications**

- Bradshaw, E., Sahdra, B. K., Ciarrochi, J., Parker, Ph. D., **Martos, T.**, & Ryan, R. M. (2021). A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles. *Journal of Personality and Social Psychology*. 20(1), 226–256. doi: 10.1037/pspp0000374
- Martos, T.**, Sallay, V., Rafael, B., & Konkoly Thege, B. (2020). Preferred ways of giving birth in non-pregnant and pregnant nulliparous women: the role of control beliefs. *Journal of Psychosomatic Obstetrics & Gynecology*. doi: 10.1080/0167482X.2019.1710486
- Korpela, K., Korhonen, M., Nummi, T., **Martos, T.**, & Sallay, V. (2020). Environmental self-regulation in favourite places of Finnish and Hungarian adults. *Journal of Environmental Psychology*, doi: 10.1016/j.jenvp.2019.101384.
- Martos, T.**, Sallay, V., Nagy, M., Gregus, H., & Filep, O. (2019). Stress and Dyadic Coping in Personal Projects of Couples—A Pattern-Oriented Analysis. *Frontiers in Psychology*, 10, 400. doi: 10.3389/fpsyg.2019.00400
- Martos, T.**, Szabó, E., Koren, R., & Sallay, V. (2019). Dyadic coping in personal projects of romantic partners: assessment and associations with relationship satisfaction. *Current Psychology*, doi: 10.1007/s12144-019-00222-z

**Additional publications of relevance**

- Sallay, V., **Martos, T.**, Chatfield, S. L., & Düll, A. (2019). Strategies of Dyadic Coping and Self-regulation in the Family Homes of Chronically Ill Persons: A Qualitative Research Study Using the Emotional Map of the Home Interview Method. *Frontiers in Psychology*, 10, 403. doi: 10.3389/fpsyg.2019.00403
- Carbonneau, N., **Martos, T.**, Sallay, V., Rochette, S., & Koestner, R. (2019). Examining the associations of autonomy and directive support given and received with relationship satisfaction in the context of goals that romantic partners have for one another. *Motivation and Emotion*. doi: 10.1007/s11031-019-09792-8
- Csuka, S. I., **Martos, T.**, Kapornaky, M., Sallay, V., & Lewis, C. A. (2019). Attitudes Toward Technologies of the Near Future: The Role of Technology Readiness in a Hungarian Adult Sample. *International Journal of Innovation and Technology Management*, 16(6), 1950046. <https://doi.org/10.1142/S0219877019500469>
- Martos, T.**, Kopp, M. (2012). Life goals and well-being: does financial status matter? *Social Indicators Research*, 105, 561-568.
- Martos, T.**, Kézdy, A., Horváth-Szabó, K. (2011). Religious motivations for everyday goals: their religious context and potential consequences. *Motivation and Emotion*, 35, 75-88.
- Martos, T.**, Konkoly Thege, B., Steger, M. F. (2010). It's not only what you hold, it is how you hold it, *Personality and Individual Differences*, 49, 863-868.
- Martos, T.**, Konkoly Thege, B., Kopp, M. (2010). Health aspirations in the context of age and self-rated health, *Journal of Health Psychology*, 15, 269-278.

- see the complete reference list here (contains papers in Hungarian as well)  
<https://vm.mtmt.hu/search/slist.php?lang=0&AuthorID=10014645>

## Memberships

- Hungarian Psychological Association (member of the Test Committee, president of the Positive Psychology Division)
- Hungarian Association of Psychodrama, Budapest
- Hungarian Marital and Family Therapy Association, Budapest