

N. Büşra Akçabozan Kayabol, Ph.D.

Associate Professor

Education

Ph.D. (Integrated)	Middle East Technical University	Psychological Counseling and Guidance	2017
B.S.	Hacettepe University	Psychological Counseling and Guidance	2010

Academic Appointments

2024–Present: **Associate Professor** (Part-time, Remote), Bahçeşehir University, Psychological Counseling and Guidance -I teach one course each semester.

2021–2024: **Associate Professor** (Full-time), Bahçeşehir University, Psychological Counseling and Guidance

2017–2021: **Assistant Professor**, Hasan Kalyoncu University, Psychological Counseling and Guidance

2014–2015: **Visiting Scholar**, University of Arizona, Family Studies and Human Development

2010–2017: **Research Assistant**, Middle East Technical University, Psychological Counseling and Guidance

Training

Supervisor Feedback: Training of a Supervisor, [10 hours theoretical course (04-20.09.2024)] conducted by Assoc. Prof. Betül Meydan and Assoc. Prof. Melike Kocyigit Ozyigit certified by The Scientific and Technological Research Council of Türkiye (TUBITAK) Projects Funding Program

Perfectionism Workshop from Cognitive Behavioral Therapy Perspective, [3 hours theoretical course (18.04.2024)] conducted by Prof. Dr. Aslıhan Donmez (Psychiatrist, EABCT and ACT certified therapist, ACT certified trainer, Cognitive Behavioral Psychotherapies Association Trainer)

EMDR Part 1 [5 days; 21 hours theoretical, 14 hours practicum course, and 2 days (14 hours) of group supervision (9-13.05.2023)] – certified by Institute for Behavioral Sciences, Turkey, EMDR Europe

Cognitive Behavioral Therapy – [50 hours theoretical (14.04.2023-23.06.2023) and 30 hours skill acquisition course (30.09.2023-12.11.2023)] certified by Cognitive Behavioral Psychotherapies Association, Turkey

Cognitive Behavioral Therapy Oriented Clinical Initial Interview and Assessment Training [16 hours theoretical (08-11.04.2023)] certified by Cognitive Behavioral Psychotherapies Association, Turkey

Crisis, Grief, Trauma Training [9 hours theoretical course (7-9.02.2024)] conducted by Nevin Dolek, Ph.D.

Emotionally Focused Couples Therapy – Level 1 Training (Externship; 16-19.09.2021) and Level 2 Training (Core Skills; 11-12.12.2021; 22-23.01.2022; 19-20.02.2022; 5-6.03.2022) certified by International Centre for Excellence in Emotionally Focused Therapy

Supervisor Training in Psychological Counseling – [40 hours theoretical course (31.03.2021-06.04.2021)] certified by The Scientific and Technological Research Council of Türkiye (TUBITAK) 2237-A Grant Program for Scientific Training

Family and Marriage Therapy- Level 1 Training [44 hours theoretical and practicum course (27.09.2011-07.02.2012)] and Level 2 Training [38 hours theoretical and practicum course (06.03.2012-03.07.2012)] certified by Middle East Technical University Continuing Education Center

Group Counseling Education Laboratory – [12 hours theoretical course (12-13.03.2011)] conducted by Prof. Dr. Nilüfer Voltan Acar (Gestalt Therapist), organized by Atolye Tempo Personal Development and Psychological Counseling Center, Turkey

Basic Course of Positive Psychotherapy [20 hours theoretical training (06-08.08.2010)] certified by International Academy of Positive and Transcultural Psychotherapy Prof. Peseschkian Foundation

Psychosocial Crisis, Suicide, and Intervention Techniques [8 hours theoretical training (23.05.2010)] conducted by Psychologist Seda Haran, organized by Olgu Psychological Counseling and Family Counseling Center, Turkey

Research Projects

Scientific and Technological Research Council of Turkey 1001 Projects Funding Program (01.11.2022–1.5.2025). *Empowering families experiencing multiple challenges: An example of coproduction research toward family resilience*. Position: Researcher

European Union Project (01.11.2021–30.04.2023). *A chance to teachers to unwrap the packages of the gifted*. Position: Researcher

Scientific and Technological Research Council of Turkey 1003 Projects Funding Program (15.06.2020–15.03.2023). *Developing a mobile application to empower married couples*. Position: Researcher

Scientific and Technological Research Council of Turkey 4005 Projects Funding (2.5.2019–2.12.2019). *Shedding light on your career journey*. Position: Researcher.

Conflict-handling behaviors and personality traits on marital satisfaction (01.01.2012–31.12.2012). Scientific Research Project supported by Middle East Technical University. Position: Researcher.

Turkish adaptation and examination of psychometric properties of Relationship Maintenance Behaviors Measurement, Relational and Global Equity Scale, and Appreciation in Relationships Scale (01.01.2016–31.12.2016). Scientific Research Project supported by Middle East Technical University. Position: Researcher.

Editorial Work

2023–2025: Associate Editor, Journal of Social and Personal Relationships

2025–present: Editorial Board Member, Journal of Social and Personal Relationships

2022–2023: Editorial Board Member, Personal Relationships

Peer-Reviewed Journal Articles

Vurkun, B., Behrend, N., & **Akçaboza Kayabol N. B.** (2025). Psychometric properties of the Turkish version of the Broad Conceptualization of Beauty Scale. *Turkish Psychological Counseling and Guidance Journal*, 15(78), 624-641. <https://doi.org/10.17066/tpdrd.1532311>

Vurkun, B. & **Akçaboza Kayabol N. B.** (accepted for publication). Exploring body appreciation among adolescents in Türkiye: The intersection of race, self-compassion, body image flexibility, and sociocultural influences. *Turkish Psychological and Guidance Journal*, 15(78), 555-572. <https://doi.org/10.17066/tpdrd.1534819>

Akgül, G., Erten Tatlı, C., & **Akçaboza Kayabol, N. B.** (2024). Examining teachers' needs, competencies, and knowledge in gifted education for professional learning. *Journal of Advanced Academics*. <https://doi.org/10.1177/1932202X241304514>

Curran, M. A., Young, V., **Akçaboza Kayabol, N. B.**, Totenhagen, C. (2023). A systematic review of relationship sacrifices from 2002-2021: Moving toward inclusivity. *Personal Relationships*, 30(1), 76-112. <https://doi.org/10.1111/pere.12451>

Aracı-İyiyaydın, A., Toplu-Demirtaş, E., **Akçaboza Kayabol, N. B.**, & Rohner, R. (2022). All you fear is love: The role of perceived rejection by intimate others. *Personal Relationships*, 30(2), 451-470. <https://doi.org/10.1111/pere.12473>

Akçaboza Kayabol, N. B., Karacan-Özdemir, N., Yerin-Güneri, O., & Korkut-Owen, F. (2022). Integrating video-modeling into counseling skills and techniques course and its impact on counseling self-efficacy. *Current Psychology*, 41(12), 8287-8299. <https://doi.org/10.1007/s12144-021-02434-8>

Akçaboza Kayabol, N. B., & Hatipoglu-Sümer, Z. (2022). How to maintain a marriage: Maintenance behaviors, equity, and appreciation in understanding marital satisfaction. *Current Psychology*, 41(9), 5781-5794. <https://doi.org/10.1007/s12144-020-00905-y>

Aracı-İyiyaydın, A., Toplu-Demirtaş, E., **Akçaboza Kayabol, N. B.**, & Fincham, F. D. (2022). I ruminate therefore I violate: The tainted love of anxiously attached and jealous partners. *Journal of Interpersonal Violence*, 37(9-10), 7129-7155. <https://doi.org/10.1177/0886260520967743>

Karacan-Özdemir, N., **Akçaboza Kayabol, N. B.**, Aydın, G., & Erten Tatlı, C. (2022). Fostering teachers' career education competencies: Test of a training programme. *British Journal of Counseling & Guidance*, 50(3), 462-473. <https://doi.org/10.1080/03069885.2022.2031883>

Toplu Demirtaş, E. & **Akçaboza Kayabol, N. B.**, Aracı İyiyaydın, A., & Fincham, F. (2022). Unraveling the roles of distrust, anticipated partner infidelity, and jealousy in cyber dating abuse perpetration: An Attachment Theory perspective. *Journal of Interpersonal Violence*, 37(3-4), 1432-1463. <https://doi.org/10.1177/0886260520927505>

Akçaboza Kayabol, N. B., Gonzalez, J. M., Gamble, H., Totenhagen, C. J., & Curran, M. A. (2020). Levels and volatility in daily relationship quality: Roles of daily sacrifice motives. *Journal of Social and Personal Relationships*, 37(12), 2967-2986. <https://doi.org/10.1177/0265407520945032>.

Akçaboza Kayabol, N. B., McDaniel, B. T., Corkery, S. A., & Curran, M. A. (2017). Gender, sacrifices, and variability in commitment: A daily diary study of pregnant unmarried cohabitators and their male partners. *Sex Roles*, 77(3-4), 194-208. <https://doi.org/10.1007/s11199-016-0716-9>.

Journal Articles in Other Indexes

Aydın, G., Eker-Durmuş, E. Akbas, U., Hatipoglu Sümer, H., Ozbay, Y., Erten Tatlı, C. **Akçaboza Kayabol, N. B.,** Karacan Ozdemir, N., & Cag, P. (2024). Development of Relational Basic Psychological Needs Scale: Validity and reliability studies. *Kalem International Journal of Education and Human Sciences*, 14(2), 563-585. <https://doi.org/10.23863/kalem.2024.296>

Karacan Ozdemir, N., Tatlı C., Ozbay Y., Akbas, U., Hatipoglu-Sümer, Z., **Akçaboza Kayabol, N. B.,** Cag, P., Aydın, G., Eker, E. (2023). Development of Marital Conflict Areas Index and the Conflict Styles Inventory: Reliability and validity studies. *Current Approaches in Psychiatry*, 15(1), 74-86. <https://doi.org/10.30783/10.18863/pgy.1219673>

Akçaboza Kayabol, N. B., Cag, P., Akbas, U., Hatipoglu-Sümer, Z., Ozbay Y., Aydın, G., Karacan Ozdemir, N., Tatlı C., & Eker, E. (2023). Development of the Marital Satisfaction Scale: A Validity and reliability study. *Nevsehir Hacı Bektas Veli University Journal of ISS*, 13(1), 309-324. <https://doi.org/10.30783/nevsosbilen.1198940>

Akçaboza Kayabol, N. B., Aydoğan, D., Hatipoglu-Sümer, Z., & Ozbay Y. (2022). Out of Sight Out of Mind?: The Nature of Long-Distance Marriages. *Baskent University Journal of Education*, 9(1), 14-29.

Toplu Demirtaş, E. & **Akçaboza Kayabol, N. B.** (2018). Meeting the “Other”: LGBTI issues in psychological counseling education and classes against discrimination. *Turkish Psychological Counseling and Guidance Journal*, 8(51), 107-142.

Akçaboza Kayabol, N. B., & Hatipoglu Sümer, Z. (2016). Adlerian family counseling. *Turkish Psychological Counseling and Guidance Journal*, 6(46), 87-101.

Book Chapters (selected)

Akçaboza Kayabol, N. B. (2023). Intimate partner violence: Relationship counseling strategies. In T. K. Shackelford (Ed.) *Encyclopedia of Domestic Violence* (pp. 1-7). Springer. https://doi.org/10.1007/978-3-030-85493-5_2030-1

Akçaboza Kayabol, N. B. & Uzun, B. (2023). Internet: Online dating. In T. K. Shackelford (Ed.) *Encyclopedia of Sexual Psychology and Behavior* (pp. 1-5). Springer. https://doi.org/10.1007/978-3-031-08956-5_86-1

Akçaboza Kayabol, N. B. (2022). Initiation and development of relationships. In B. Oztugluk Uco (Ed.). *Close Relationships* (pp. 125-165). Nobel Publications

Akçaboza Kayabol, N. B., & Unlu Kaynakci F. Z. (2019). Secondary trauma, post-traumatic growth, and self-care among trauma helpers. In F. Savi-Cakar (Ed.), *Trauma Counseling* (pp.326-351). Pegem Publications

Akçaboza Kayabol, N. B. (2019). Negotiation and nonverbal communication. In D. Matsumoto, M. G. Frank, & H. S. Hwang (Eds.). & M. Tuzgöl Dost & A. Metin (Trans.). *Nonverbal Communication: Science and Applications* (pp.201-213). Nobel Publications

Akçaboza, N. B. (2018). Forced migration and preventive psychological counseling and intervention with refugee children and adolescents. In Savi-Çakar, F. (Ed.), *Preventive Psychological Counseling Theories and Practices* (pp.435-472). Pegem Publications

Conference Presentations (selected)

Aydoğan, D., Aksu, G., **Akçaboza Kayabol N. B.**, & Ozbay, Y. (2024, July). *How strong we are together in face of economic hardships: Examination of resilience in low-income families*. Paper presented at the meeting of International Association for Relationship Research (IARR) Conference, Boston, US.

Akçaboza Kayabol N. B., Cag, P., Ozbay, Y., & Hatipoglu- Sümer, Z. (2024, July). *Empowering marital satisfaction by developing a mobile application for Turkish married couples*. Paper presented at the meeting of IARR Conference, Boston, US.

Ilgen, S., Güloğlu, B., Buyruk Genç A., & **Akçaboza Kayabol N. B.** (2024, May). *Investigating the mediating role of well-being in the relationship between bullying victimization and digital game addiction in secondary school students*. Paper presented at the meeting of 25. International Psychological Counseling and Guidance Conference, Ankara, Turkey.

Akçaboza Kayabol N. B., Cag, P., Toplu-Demirtaş, E., & Aydoğan, D. (2023, November). *Uncovering married couples' experiences of sacrifice: Who sacrifices, how much, and how?* Paper presented at the meeting of 24. International Psychological Counseling and Guidance Conference, Ankara, Turkey.

Aydoğan, D., **Akçaboza Kayabol N. B.**, Demir, O. O. (2023, November). *An exploration of the family resilience to economic hardships: Experiences of a community-based sample*. Paper presented at the meeting of 24. International Psychological Counseling and Guidance Conference, Ankara, Turkey.

Göktaş, M. & **Akçaboza Kayabol N. B.** (2022, December). *Investigation of the dyadic effects of coping behaviors of couples with disabled children on marital adjustment*. Paper presented at the meeting of 9. Yıldız International Social Sciences Congress, Istanbul, Turkey.

Karairmak, O., **Akçaboza Kayabol, N. B.**, Yaşar, S. M., & Ilgen, S. (June, 2022). *Factors Explaining Supervision Experiences of Psychological Counselor Candidates in the Context of Peer Role: The Case of Bahçeşehir University*. Paper presented at the meeting of 23. International Congress on Psychological Counseling and Guidance, Istanbul, Turkey.

Akçaboza Kayabol, N. B. & Aracı İyiyaydın, A. (2022, September). *Work-life balance of LGBTQ+ families: A systematic review with an intersectional framework*. Paper presented at the meeting of IARR. [A virtual conference due to COVID-19].

Aydın, Y., Aydın, G., Aslan, S., & **Akçaboza Kayabol, N. B.** (2021, November). *How dyadic coping and psychological flexibility can help us to understand marital satisfaction in COVID-19 pandemic?* Paper presented at the meeting of The National Council on Family Relations Conference [A virtual conference due to COVID-19].

Akçaboza Kayabol, N. B., & Hatipoglu Sümer, Z. (2019, July). *A serial mediation model of maintenance behaviors on marital satisfaction: The roles of relational equity and appreciation*. Paper presented at the meeting of IARR Conference, Brighton, United Kingdom.

Toplu Demirtaş, E., Aracı İyiyaydın, A., & **Akçaboza Kayabol, N. B.** (2019, July). *Darling I don't trust you: Psychological dating violence from the perspective of anxious attachment*. Paper IARR Conference, Brighton, United Kingdom.

Barutçu Yıldırım, F., Aydın, G., Cag, P., **Akçaboza Kayabol, N. B., & Sancak Aydın G.** (2019, April). *A Phenomenological study on romantic relationship breakup*. Paper presented at the meeting of 28th International Conference on Educational Sciences, Ankara, Turkey.

Akçaboza Kayabol, N. B. & Hatipoglu Sümer, Z. (2018, April). *Marital commitment: An examination of its relationship to some demographic and relational variables*. Paper presented at the meeting of 27th International Conference on Educational Sciences, Antalya, Turkey.

Akçaboza N. B., McDaniel B. T., Corkery S. A, Curran M. A. (2016, July). *Gender, sacrifices, and commitment: A daily diary study of pregnant unmarried cohabitators and their male partners*. Paper presented at the meeting of IARR, Toronto, Canada.

Akçaboza, N. B., & Hatipoglu-Sümer Z. (2015, October). *The role of personality traits in understanding conflict-handling behaviors of married individuals*. Paper presented at the meeting of XIII. National Congress of Psychological Counseling and Guidance, Mersin, Turkey.

Akçaboza, N. B., Young, V., Curran, M. A., (2014, November). *Appreciation of intimate sacrifices and depressive symptoms for cohabitators*. Poster presented at College of Agriculture & Life Sciences Poster Forum, Tucson, AZ.

Aydın, Y., **Akçaboza, N. B.,** Aslan, S., Muyan, M., & Engin-Demir, C. (2013, September). *Advising relationship at a Turkish public university: Satisfaction and perceived support*. Paper presented at the meeting of the European Conference on Educational Research, Istanbul, Turkey.

Akçaboza, N. B., & Muyan, M. (2012, December). *The role of school counselors at disaster and disaster recovery*. Paper presented at the meeting of the IV. National Congress of Applied Psychological Counseling and Guidance, Ankara, Turkey.

Professional Memberships

- International Association for Relationship Research
- Turkish Psychological Counseling and Guidance Association
- EMDR Association
- Emotionally Focused Couples Therapy Association