



# ISTANBUL AYDIN UNIVERSITY

## ISTANBUL AYDIN UNIVERSITY

FACULTY OF HEALTH SCIENCES E-BULLETIN 1-31 OCTOBER 2024



IAUKampus



IAUKampus



iaukampus



istanbulaydinuniversitesiv



akev1995



docdrmustafaaydin

www.aydin.edu.tr | 444 1 428



# ISTANBUL AYDIN UNIVERSITY

## EDITORIAL BOARD

### Istanbul Aydın University Faculty of Health Sciences

Prof. Dr. Halit Tanju BESLER  
Asst. Prof. Dr. Ahmet GENÇ  
Asst. Prof. Dr. Hacer Duygu YESILKAYALI  
Lecturer Ceyda DURMAZ  
Lecturer Mina GOK  
Lecturer Beyzanur ISBAY  
Res. Asst. Melek Basak OZKAN  
Res. Asst. Cansu YATMAZ  
Res. Asst. Azime Irem KURUHALIL  
Res. Asst. Sevgi PEHLIVAN  
Res. Asst. Leyla KANMAZ DEMİR

## PREPARED FOR PUBLICATION:

Res. Asst. Leyla KANMAZ DEMİR  
Res. Asst. Azime Irem KURUHALIL

## DEPARTMENTS

- Nutrition and Dietetics
- Child Development
- Physiotherapy and Rehabilitation
- Nursing
- Audiology
- Health Management
- Social Work



# DEPARTMENT OF NUTRITION AND DIETETICS



IAU Aydın Nutrition Club took its place at the stand week to meet our new students.



# DEPARTMENT OF NUTRITION AND DIETETICS



Mascara University, Faculty of Nature and Life Science, PhD Program student Amina Kouachi gave a presentation on Essential Oils to students of the Department of Nutrition and Dietetics (English).



# DEPARTMENT OF NUTRITION AND DIETETICS



As the Department of Nutrition and Dietetics, participation was made in the 2024-2025 Academic Year Opening Lecture given by the Republic of Turkey Minister of Justice Yılmaz TUNÇ.



# DEPARTMENT OF NUTRITION AND DIETETICS



As the Department of Nutrition and Dietetics, we attended the UNIMED General Assembly held at Istanbul Aydın University this year.



# DEPARTMENT OF CHILD DEVELOPMENT



Within the scope of the COG367-Educational Tools and Equipment Development course, our students designed their materials under the guidance of our instructor Dr. Güldalı Aybaş.





# DEPARTMENT OF CHILD DEVELOPMENT



Aydın Development Club welcomed the 2024-2025 Academic Year with enthusiasm by opening a stand in Florya Campus. Club Advisor Lecturer Fatma Tahta visited the stand opened by Aydın Development Club in Florya Campus.





# DEPARTMENT OF CHILD DEVELOPMENT



Head of the Child Development Department, Dr. Lecturer Güldalı Aybaş and Res. Asst. Cansu Yatmaz visited the stand opened by Aydın Development Club in Florya campus.





# DEPARTMENT OF CHILD DEVELOPMENT



An orientation program was implemented for the students who had just started their education in the Child Development Department by Instructor Fatma Tahta and Res. Asst. Cansu Yatmaz, and a representative selection was made.





# DEPARTMENT OF CHILD DEVELOPMENT



Within the scope of Application in Hospitals and Healthcare Institutions, Department Research Assistant Cansu Yatmaz visited intern student Büşra Güneysu at Beykoz State Hospital.





# DEPARTMENT OF CHILD DEVELOPMENT



Within the scope of the Application in Pre-School and Educational Institutions, Lecturer Fatma TAHTA visited the intern students in Adalet Kindergarten and Toki Kardelen Kindergarten.





# DEPARTMENT OF PHYSIOTHERAPY AND REHABILITATION

**Our Head of the Department of Physiotherapy and Rehabilitation, Dr. Demet Biçki, organized the department meeting for the Fall semester of the 2024-2025 academic year. The faculty members of the Department of Physiotherapy and Rehabilitation came together during the meeting.**





# DEPARTMENT OF PHYSIOTHERAPY AND REHABILITATION

**Our Head of the Department of  
Physiotherapy and Rehabilitation,  
Assoc. Prof. Dr. Demet Biçki,  
participated in the IAU Wisdom  
Program and conducted training.**





# DEPARTMENT OF PHYSIOTHERAPY AND REHABILITATION

**Our Head of Physiotherapy and Rehabilitation  
Department, Assist. Prof. Demet Biçki and Assist. Prof.  
Gözde Başbuğ, attended the Academic Opening  
Ceremony of the 2024-2025 Academic Year.**





# DEPARTMENT OF NURSING



Lecturer Beyzanur İŞBAY AYDEMİR participated in the 8th International 19th National Nursing Congress.



# DEPARTMENT OF NURSING



The Student Nurses Association and the Nursing Club were introduced to the first-year nursing students in order to raise their professional awareness and solidarity.





# DEPARTMENT OF NURSING



Within the scope of October 1-31 Breast Cancer Week, an event was organized for breast cancer awareness. Pink balloons and educational brochures about breast cancer were distributed at the event.



# DEPARTMENT OF NURSING



Prof. Dr. Nuran KÖMÜRÇÜ gave a speech on “The Importance of Protocols and Guidelines for Standards in Health Services” as the main speaker at the 5th International 6th National Postpartum Care Congress organized by Mersin University Faculty of Nursing between 17-20 October 2024.



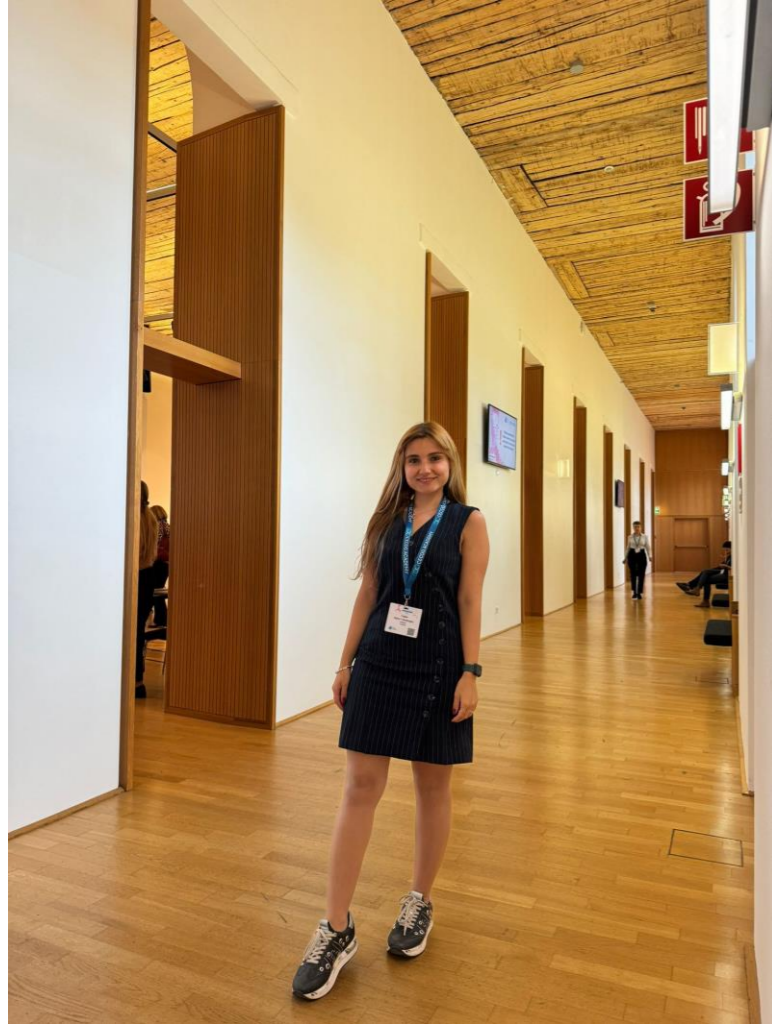
# DEPARTMENT OF NURSING



Bakırköy Prof. Dr. Mazhar Osman RSHH and Psychiatric Nurses Association organized in cooperation with Bakırköy Prof. Dr. Mazhar Osman RSHH and Psychiatric Nurses Association on October 11, 2024 at Mazhar Osman Meeting Hall: At the Psychiatric Nursing Symposium, Lecturer Tuğba ŞAHİN TOKATLIOĞLU from the Department of Nursing made a presentation on “Artificial Intelligence and Wearable Technologies in Psychiatric Nursing”.



# DEPARTMENT OF NURSING



Viyana Üniversitesi Tıp Fakültesi ve CECOG iş birliğinde gerçekleşen Breast Cancer Academy’de Hemşirelik Bölümü’nden **Tuğba ŞAHİN TOKATLIOĞLU**, bölümümüzün öğretim üyelerinden Dr. Öğr. Üyesi **Arzu KAVALA** ile birlikte hazırladıkları “Mastektominin Beden İmajına Etkisi” konu başlıklı bildiriye sunmuştur.





# DEPARTMENT OF NURSING



As part of October 20th Mental Health Week, we celebrated Mental Health Day by wearing “Blue” with our 3rd grade students.







# DEPARTMENT OF AUDIOLOGY

İSTANBUL AYDIN  
ÜNİVERSİTESİ

IAÜ  
ODYOLOJİ

Oryantasyon Programı

2024-2025 Eğitim Öğretim Yılı

24 EYLÜL 2024 08:00 G5102

An orientation program was held for the first year IAÜ Audiology students who have just started our department.



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY



As the IAU Audiology family, we have held our club president and board elections. We would like to thank the former club president Furkan Çınar for his efforts in the last two years and wish success to the new club president Temel Emir Demirel.



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY



Visuals are shared from the IAU Audiology Picnic Event, which was held as the 2024-2025 Fall Term Starting Event. The event, which was held with the participation of all students provided integration between classes.

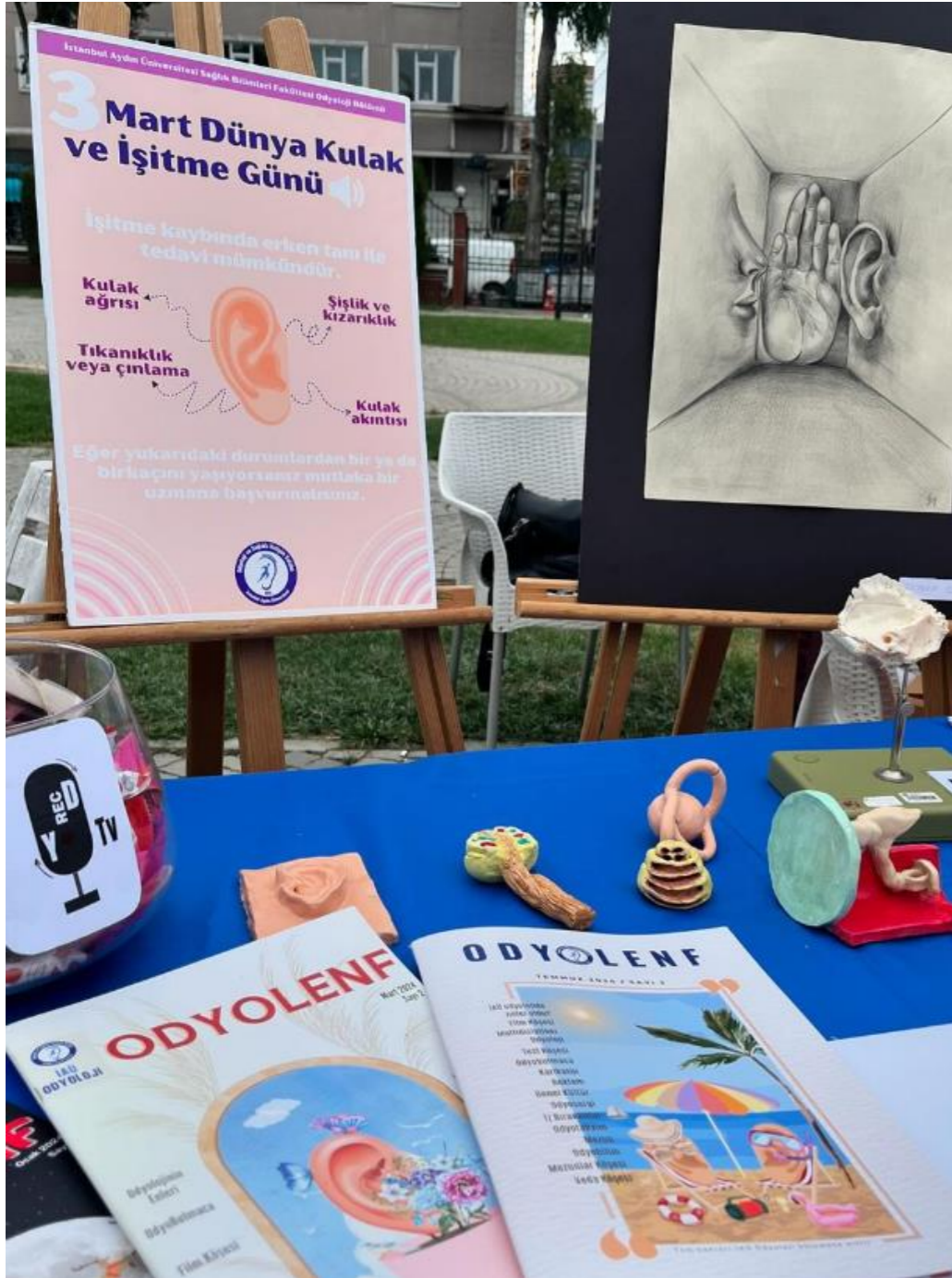


# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY



As IAU Audiology and Healthy Communication Club, we took our place in the club introduction days 😊



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY

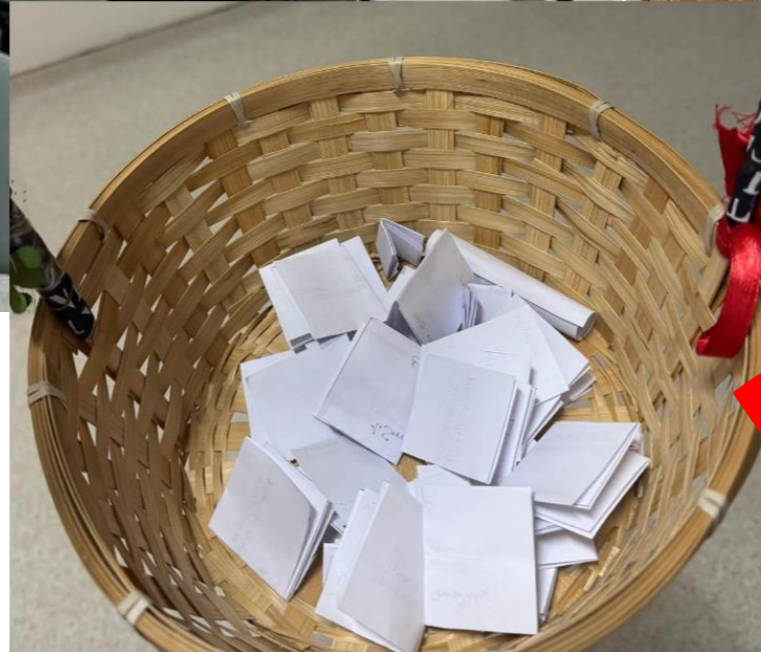
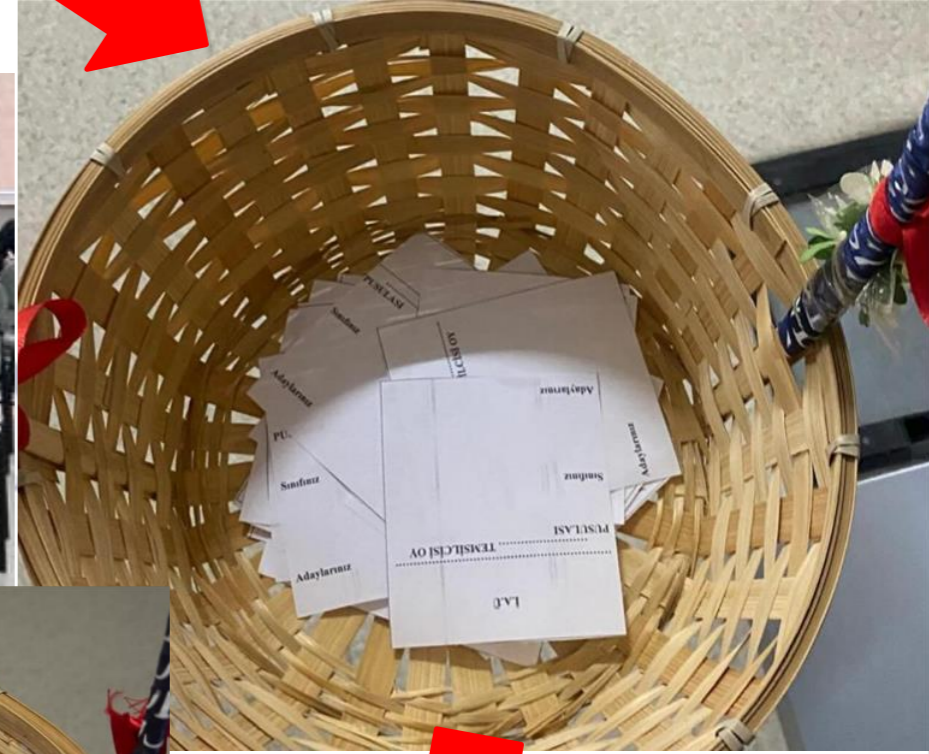


As the IAU Audiology Department, we have selected representatives of the newly participated 1st grade students.

We wish success to the representative and assistant representative.



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY



Within the scope of the World Audiologists Day on October 10, as IAU Audiology, images are shared from the celebrations we have come together with the Audiology community in @iaukampus and Ankara.

#İYİKİİAUODY



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY



As IAU Audiology, we took our place at the XII International Congress of Audiology & Speech Disorders with International Participation in Ankara between 9-11 October 2024



# DEPARTMENT OF AUDIOLOGY



Assoc. Prof. Ümit Can ÇETINKAYA,  
One of the faculty members of our  
department,

shared trend topics and highly valuable  
informations in the  
Artificial Intelligence and Audiology  
Session.

We would like to thank Assoc. Prof.  
ÇETINKAYA for his presentation and  
efforts.



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF AUDIOLOGY



In the last day of  
Congress Tour,

We visited our Great  
Leader Mustafa Kemal  
Atatürk.



# DEPARTMENT OF AUDIOLOGY





# DEPARTMENT OF HEALTH MANAGEMENT



Orientation Training was given to the 1st grade students who started their university journey by choosing IAU Health Management Department by the department academic staff.



# DEPARTMENT OF HEALTH MANAGEMENT



At the opening of the 2024-25 Fall Semester, the Health Management Club Stand was opened by our department students. Activities promoting the department and the club were conducted during the event.



# DEPARTMENT OF HEALTH MANAGEMENT



An "Internship Evaluation Meeting" was organized for our students who successfully finished their internships during the summer semester of 2023-2024 and began their third year. Students provided feedback on their internship processes as well as the institutions where they interned.



# DEPARTMENT OF HEALTH MANAGEMENT



The new term presidential election of the "Health Management Club", managed by students of the Health Management Department, has been held.



# DEPARTMENT OF SOCIAL WORK



An orientation and introduction meeting was held with the first year students of our social work department.



# DEPARTMENT OF SOCIAL WORK

Journal of Family Violence  
<https://doi.org/10.1007/s10896-024-00734-8>

ORIGINAL ARTICLE



## A Brief Yoga- and Mindfulness-Based Psychoeducation Program for Women Who Have Experienced Domestic Violence: An RCT Study

Navid Reha<sup>1</sup> · Ayla Rezvan Reha<sup>2</sup>

Accepted: 8 September 2024  
© The Author(s), under exclusive licence to Springer Science+Business Media, LLC, part of Springer Nature 2024

### Abstract

**Purpose** This study aimed to examine the effectiveness of a brief online yoga- and mindfulness-based psychoeducation program and its possible working mechanisms (rumination and self-compassion) in improving psychological health parameters (depression, anxiety, and stress) among women who have experienced domestic violence (DV).

**Method** In a randomized controlled trial, 51 women who had survived DV were assigned to either an intervention group ( $n = 27$ ) or a waitlist control group ( $n = 24$ ). The intervention was a five-week yoga- and mindfulness-based psychoeducation program conducted online. Before and after the intervention, the presence of symptoms related to depression, anxiety, and stress, as well as the level of rumination and self-compassion were assessed.

**Results** At the post-test, participants in the intervention group reported higher mean scores in self-compassion and lower mean scores in rumination, depression, anxiety, and stress compared to those in the waitlist control group. Mediation analyses revealed that rumination and self-compassion mediated the intervention's effects on psychological health parameters.

**Discussion** Our findings support the effectiveness of a brief online yoga- and mindfulness-based psychoeducation program for improving the psychological health of women who have experienced DV. Self-compassion and rumination emerged as working mechanisms underlying the intervention's success. Future research should explore brief yet effective online psychoeducation programs, considering self-compassion and rumination as potential working mechanisms when designing interventions for women who have experienced domestic violence.

**Clinical Trial Registration** This study has been retrospectively registered in ClinicalTrials.gov (NCT06061029).

**Keywords** Brief yoga and mindfulness · Online psychoeducation · Self-compassion · Rumination · Domestic violence · Psychological health

Our social work department assistant professor Navid Reha's article titled "A Brief Yoga-and Mindfulness-Based Psychoeducation Program for Women Who Have Experienced Domestic Violence: An RCT Study" was published in the Journal of Family Violence.



# DEPARTMENT OF SOCIAL WORK



In our social work department, an orientation meeting was held with our students who will do internship within the scope of SHB305 Social Work Field Practice I and SHB443 Social Work Field Practice II courses.



# DEPARTMENT OF SOCIAL WORK



We participated in the 26th National Social Work Symposium, organized in cooperation with the Association of Social Workers and Maltepe University, on 17-19 October, with our department's faculty members, undergraduate and graduate students.