

# A spotlight on a National Delegate: Zuhal Baltas, Turkey

## Making psychology accessible

Efrat Neter  
EHPS National Delegate  
Officer

Professor Zuhal Baltas holds a Ph.D in Psychology since 1981. She has taught, mentored and conducted research at the Public Health Department of Istanbul University for 35 years. She has also taught undergraduate and postgraduate courses in other Turkish universities.

Professor Baltas' research spans measures development (reliability, validity and standardization of tests/scales), stress (management, intervention, migration-related, sleep hygiene, occupational stress), aggression in the context of children viewing television, pain/epidemiology of headache, life style and health behavior, verbal and non-verbal communication in the health sector, patient and health professional satisfaction, and coaching and mentoring in healthcare services.

Professor Baltas has disseminated her research via public engagement activities. She introduced psychological concepts (e.g., stress, non-verbal communication) into public discourse and professionals' education; has worked (1996-2005) with media outlets, the Turkish advertisers association and public organizations on children-related content regulation and parental guidance in television viewing; has written several books, often the first of their kind in Turkey such as *Stress and Coping* (1985), *Body Language in Medical Settings* (1991), *Health Psychology in Public Health* (2000) and *Stress; The Secret of Effective Business Life* (2002). She is also the editor and author of a Human Resources periodical ("KAYNAK", Source), published quarterly since 2000 by Baltas Group, covering diverse issues such as mental health in work settings, psychology of decision-making, mo-

tivation, new methods in adult learning, and happiness.

Professor Baltas has been a National Delegate of Turkey since October, 2012. She promotes the EHPS in Turkey via the "Turkish Health Psychology Group" on LinkedIn. On this platform, she shares news and activities from the EHPS, keeping members updated and encouraging international collaborations.

Zuhal is married with 2 adult children. She met her spouse in the library of the Psychology Department of Istanbul University while they were both students. Her spouse is a neuropsychologist who also teaches and conducts research in medical universities. Zuhal's two sons are married and she has one grandson.



**Zuhal Baltas**

Emeritus Professor

Cerrahpasa Faculty of Medicine,  
Department of Public Health,  
Istanbul University, Istanbul,  
Turkey & Baltas Knowledgehouse,  
Istanbul, Turkey

zbaltas@baltasgrubu.com