

## **EXPERT EXPLAINED: READING THE RIGHT BOOKS IMPROVES DEPRESSION AND ANXIETY**

Major depression, defined as a recurrent mental disorder that affects more than 300 million people worldwide and is one of the reasons for suicide of approximately one million people every year, causes deterioration in social adaptation, functionality and quality of life in individuals. Expert Psychiatrist Assoc. Prof. Dr. Alişan Burak Yaşar explained that research has shown that reading books based on Cognitive Behavioral Therapy contributes to further resolving the symptoms in the treatment of depression, which causes a significant loss of workforce and an economic burden for the society.

Stating that antidepressant drugs are frequently used in the treatment of depression, Assoc. Prof. Dr. Alişan Burak Yaşar from Istanbul Gelisim University (IGU), Faculty of Economics, Administrative and Social Sciences, Department of Psychology, said that bibliotherapy is a significant additional "medicine" for patients who have difficulty accessing psychotherapy.

**“IT IS POSSIBLE TO DEAL WITH THE PROBLEMS AND SYMPTOMS”**

Assoc. Prof. Dr. Alişan Burak Yaşar: "Bibliotherapy, also known as 'Book therapy', which provides information and suggestions about psychological change processes of individuals with little or no interaction with the therapist, can help individuals better understand their difficulties, improve their behavior and cope with problems and symptoms in daily life. There is a significant evidence regarding this issue."

**“NOT EVERY BOOK, NOT ANY SELF-HELP BOOKS AS WELL!”**

Saying that book selection is extremely important when we target depressive and anxiety complaints, Assoc. Prof. Dr. Alişan Burak Yaşar said, "Self-help books, especially those prepared within the framework of Cognitive Behavioral Therapy, Acceptance-Commitment Therapy and Schema Therapy, have a very different place compared to self-help books that are not prepared according to these techniques. The right books must be chosen."

**“IT REDUCES THE RISK OF RECURRENCE OF DEPRESSION”**

Bibliotherapy has significant advantages in terms of ease of use, accessibility, low cost, and reduced need for healthcare professionals. Assoc. Prof. Dr. Alişan Burak Yaşar: "As a result of the studies, we know that the risk of recurrence of depression

decreases when psychosocial interventions are combined with drug treatment applied in psychotherapy or added to the treatment during the drug reduction period.”

#### “EFFECTIVE IN ANXIETY AND DEPRESSION TREATMENT”

Assoc. Prof. Dr. Alişan Burak Yaşar in his article titled "A randomized controlled study on the effect of cognitive behavioral therapy-based self-help psychotherapy books on anxiety and depressive symptoms: A bibliotherapy study", investigates the effect of reading books on patients suffering from depression and anxiety. Assoc. Prof. Dr. Yaşar noted that they were able to determine that bibliotherapy, which was initially thought to be effective only in mild disorders under professional guidance, was effective in the treatment of a wide range of clinical conditions, including mild and moderate depression and anxiety. Some of the books that were found to be good for depression and anxiety in their research are “İyi Hissetmek- Feeling Good (Psikonet Publishing)”, “Düşün Hisset Fark Et Yaşa (Epsilon Publishing)”, “Mutluluk Tuzağı- Happiness Trap (Litera Publishing)” ve “Hayatı Yeniden Keşfedin- Reinventing Your Life (Psikonet Publishing).

#### **CEM ÖĞRETİR MET WITH STUDENTS AT IGU!**

At the "News Presentation and Communication Skills on TV" event organized by Istanbul Gelisim University (IGU) Faculty of Applied Sciences, Department of Television Journalism and Programming, ATV Prime-time Newscaster-Anchorman Cem Öğretir met with the students and academicians of the university. Explaining to the young people one by one what is required for effective communication, Cem Öğretir also informed the students about television journalism.

With the organization of Istanbul Gelisim University Faculty of Applied Sciences, Department of Television Journalism and Programming, "News Presentation and Communication Skills on TV" training was held on the university campus. Famous Anchorman Cem Öğretir gave practical training to the participants on effective communication, body language and diction at the event. Cem Öğretir discussed in detail how body language should be, how to persuade a person, and self-confidence. Chairman of the Board of Trustees of Istanbul Gelisim University Abdülkadir Gayretli, Rector of Istanbul Gelisim University Prof. Dr. Bahri Şahin, Dean of the Faculty of Applied Sciences Prof. Dr. Kamil Kaya, IGU faculty members and guests attended the event.

## “EVERYONE WHO APPEARS ON TELEVISION AND POSTS ON SOCIAL MEDIA IS A ROLE MODEL”

Stating that the words and sentences used in daily life become more habitual the more frequently they are used, Cem Öğretir also added: “Actually, this is a matter of habit, like television. A good habit or a bad habit? This question is for our audience. As a television industry employee, I always try to do my best. Hence, I try to use Turkish in the best way possible and set a good example for our young people. Everyone who appears on television and posts on social media is a role model. Therefore, when you become a role model, you also take on a great responsibility.”

## “TELEVISION JOURNALISM IS CHANGING”

Cem Öğretir explained that people still verify the news through television since there is still no full trust in social media. Cem Öğretir, “Television journalism is changing and transforming rather than disappearing. Just as it was thought that radio would no longer be used when television emerged, print journalism is now transforming to digital channels.”

The training provided by Cem Öğretir, who also answered questions about his career, attracted great attention from students and academicians.

## **A PANEL TITLED "MY HEALTH, MY RIGHTS AND THE GLOBAL CRISIS" WAS HELD DURING WORLD HEALTH WEEK**

On the occasion of World Health Week, a panel titled "My Health, My Rights and the Global Crisis" was held at Istanbul Gelisim University with the participation of Rector Prof. Dr. Bahri Şahin.

Participating in the "My Health, My Rights and Global Crisis" panel moderated by Assoc. Prof. Dr. Fatih Fuat Tuncer from Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Department of Political Science and International Relations; Asst. Prof. Dr. Nurten Elkin, Sociologist and Zero Waste Expert Esma Nur Dede, Expert Psychologist Sümeyra Bender participated as a speaker.

In the panel organized during World Health Week to draw attention to the inequalities in health that exist between countries and even regions, the problems experienced by the people in Gaza who cannot access their right to health were revealed.

In his opening speech, Assoc. Prof. Dr. Fatih Fuat Tuncer stated that they organized a panel called "My Health, My Rights and the Global Crisis" specifically for the World Health Week, which is the second week of April. Assoc. Prof. Dr. Tuncer continued his words as follows: "One of the significant reasons for organizing this panel is the events organized by the World Health Organization (WHO) with the theme, 'My Health, My Right'. We wanted to organize a panel, like WHO, addressing the humanitarian crisis, genocide, and the difficulties in achieving people's health and human rights."

### **IGU COOPERATED WITH 4 PROMINENT UNIVERSITIES IN IRAQ**

A meeting was held between Istanbul Gelisim University and Alnoor University, Northern Technical University, University of Telafer and Kirkuk University in Iraq within the scope of the development of Turkey-Iraq relations and the establishment of various collaborations.

Istanbul Gelisim University (IGU) Vice Rector Prof. Dr. Arda Öztürkcan, Head of Corporate Communications and Promotion Department Asst. Prof. Dr. Bülent Değirmenci and Dr. Ali Semin from the Department of Political Science and International Relations visited four different universities in Iraq and held meetings about potential bilateral academic collaborations.

IGU, which continues to rise in the Webometrics World University Rankings in the last four years, once again proved its success by ranking 54th among Turkish universities and 12th among foundation universities. Istanbul Gelisim University, which attaches importance to international recognition, opened the way for collaborations in the academic field by meeting with universities that stand out with their success levels in Iraq.

During the visits, universities with significant rankings in the Webometrics Iraq Rankings were interviewed. Important steps were taken regarding the bilateral cooperation protocol. A meeting was held with Prof. Alyaa Abbas Al-Attar, Rector of Northern Technical University (ranked 39th in Webometrics Iraq Rankings) Prof. Imran Jamal Hassan, Rector of Kirkuk University (ranked 53rd) Prof. Abdul-Aziz Ahmed Aziz, Rector of Tal Afar University (ranked 6th) Prof. Yaseen Taha Al-Hajjar, Rector of Alnoor University (ranked 100th).