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| **Yaniv Efrati, PhD**  26 Marganit Street, Lod, Israel  mobile +972-54-580-0094  Email: [ypefrati@gmail.com](mailto:ypefrati@gmail.com) |



**Education**

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| 2017-2019 | Post-doctoral studies. Institute of Psychology of Polish Academy of Sciences, with Professor Mateusz Gola, Head of the Clinical Neuroscience Lab. |
| 2012-2015 | Post-doctoral studies. Department of Psychology at the Interdisciplinary Center, Herzlia, Israel, with Professor Mario Mikulincer, Dean of the Department of Psychology and College Provost. |
| 2011-2012 | Certificate: Organizational Counselling. Tafnit School at the Open University, Israel |
| 2010-2012 | PhD, School of Education, Bar-Ilan University, Israel |
|  | Research: Dimensions of the Intra-personal Sexual Conflict in the Virtual Era Among Adolescents and its Relation to Ego Identity, Psychological Symptoms and Well-being |
| 2007-2009 | MA, Educational Counselling. School of Education, Bar-Ilan University, Israel |
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| **Employment** |  |
| 2021- present | Senior Lecturer. [Bar Ilan University](https://www.researchgate.net/institution/Bar_Ilan_University), [Faculty of Education](https://www.researchgate.net/institution/Bar_Ilan_University/department/School_of_Education), Ramat Gan, Israel. |
| 2015-present | Founder and CEO of IHS – The Israeli Center for the Advancement of Healthy Sexuality |
| 2016-2019 | Research Fellow. Department of Psychology of the Internet (CIP). Department of Psychology at the Interdisciplinary Center, Herzlia, Israel |
| 2014-2017 | Research Fellow. Laboratory of Prof. Tsachi Ein Dor, Department of Psychology at the Interdisciplinary Center, Herzlia, Israel |
| 2010-2021 | Senior Lecturer. Orot Israel College of Education, Graduate program for Educational Counseling |
| 2013-2021  2018- 2021 | Senior Lecturer. Beit Berl College, M.Ed. program for Educational Counseling  Lecturer. Shaanan college, M.Ed. program for Educational Counseling |
| 2013-2014 | Lecturer. Talpiot College of Education. Undergraduate Education program |

**Courses taught (partial list)**

Practicum (Graduate studies)

Seminar (Graduate studies)

Applied final project (Graduate studies)

Developmental psychology (Undergraduate studies)

Adolescent sexuality (Undergraduate and graduate studies)

Adolescent risk behaviors (Graduate studies)

Growing up in the internet era: Escapism and existential void (Graduate studies)

Addictions – treatment and prevention (Graduate studies)

**Scholarships and grants**

2010 – Bar-Ilan University President’s scholarship for outstanding doctoral candidates (NIS 160,000)

2017 – Israel Authority for Prevention of Violence Alcohol and Drug Abuse (NIS 40,700)

***Refereed Publications***

***Chapter in book***

Efrati, Y. (2018). Hypersexual behavior. In Dannon, P. (Eds.), Chronicle of addiction in the 21st century: from pleasure to dependence and addiction (pp. 95-107). Helicon books. (In Hebrew).

***Articles in periodicals***

**1**. Tolmacz, R., **Efrati, Y**., & Ben-David, B. (2016). The sense of relational entitlement among adolescents toward their parents (SREap) e Testing an adaptation of the SRE. *Journal of adolescence, 53*, 127-140.

**2**. Ein-Dor, T., Perry-Paldi, A., Merrin, J., **Efrati, Y**., & Hirschberger, G. (2017). Effective disengagement: Insecure people are more likely to disengage from an ongoing task and take effective action when facing danger. *Journal of Personality. 86*, 233–246.

**3.** Ein-Dor, T., Perry-Paldi, A., Zohar-Cohen, K., **Efrati, Y**., & Hirschberger, G. (2017). It takes an insecure liar to catch a liar: The link between attachment insecurity, deception, and detection of deception. *Personality and Individual Differences*. [113](http://www.sciencedirect.com/science/journal/01918869/113/supp/C), 81–87.

**4.** Tolmacz, R., Mahajna, S. & \***Efrati, Y.** (2017). The sense of entitlement in romantic relationships: ethnic and religious aspects, *Mental Health, Religion & Culture, 20*, 728-740.

**5. Efrati, Y**., & Mikulincer, M. (2018). Individual-based compulsive sexual behavior scale: Its development and importance in examining compulsive sexual behavior. *Journal of Sex & Marital Therapy, 44*, 249-259.

**6.** Zilberman, N., Yadid, G., **Efrati, Y**., Neumark, Y., Rassovsky, Y., (2018). Personality profiles of substance and behavioral addictions. *Addictive Behaviors*, *82*, 174-181.

**7. Efrati, Y**., (2018). Adolescent compulsive sexual behavior: Is it a unique psychological phenomenon. *Journal of Sex & Marital Therapy.* *44*, 687-700.

**8. Efrati, Y.,** & Gola, M. (2018). Treating compulsive sexual behavior. *Current Sexual Health Reports, 10*, 57–64.

**9. Efrati, Y**., (2018). Adolescents with a disposition toward compulsive sexual behavior: The role of shame in willingness to seek help and treatment. *Sexual Addiction & Compulsivity*, *25*, 28-45.

**10. Efrati, Y.,** & Gola, M. (2018). Compulsive sexual behavior: A Twelve-step Therapeutic Approach. *Journal of Behavioral Addictions*, *7*, 445–453.

**11. Efrati, Y.,** & Gola, M. (2018). Understanding and predicting profiles of compulsive sexual behavior among adolescents. *Journal of Behavioral Addictions,*7, 1004–1014.

**12. Efrati, Y** & Dannon, P. (2018). Normative and clinical self-perceptions of sexuality and their links to psychopathology among adolescents. *Psychopathology*, *51* :380–389.

**13. Efrati, Y**., (2019). God, I can't stop thinking about sex! The rebound effect in unsuccessful suppression of sexual thoughts among religious adolescents. *Journal of Sex Research*. *56*, 146-155.

**14. Efrati, Y**., & Amichai-Hamburger, Y. (2019). The use of online pornography as compensation for loneliness and lack of social ties among Israeli adolescents. *Psychological Reports*, *122*, 1865–1882*.*

**15. Efrati, Y. (**2019**).** A response to Pirutinsky's (2019) religion and compulsive sexuality. *Journal of Sex Research*. *56*, 144-145.

**16. Efrati, Y,** Gerber., Z., & Tolmacz, R. (2019). The relation of intra-psychic and relational aspects of the self to compulsive sexual behavior. *Journal of Sex & Marital Therapy*, *45*, 618-631.

**17. Efrati, Y.,** & Gola, M. (2019). The effect of early-life trauma on compulsive sexual behavior among members of a twelve-step group. *Journal of Sexual Medicine.* *16,* 803-811.

**18. Efrati, Y.,** & Gola, M. (2019). Adolescents’ compulsive sexual behavior: The role of parental competence, parents’ psychopathology, and quality of parent-child communication about sex. *Journal of Behavioral Addictions*, *8*, 420–431.

**19. Efrati, Y.,** Shukron, O., & Epstein, R. (2019). Compulsive sexual behavior and sexual offending: Differences in cognitive schemas, sensation seeking and impulsivity. *Journal of Behavioral Addictions,* *8*, 432–441.

**20**. Zilberman, N., Yadid, G., **Efrati, Y**., Rassovsky, Y. (2019). Negative and positive life events and their relation to substance and behavioral addictions. *Drug and Alcohol Dependence*. [Volume 204](https://www.sciencedirect.com/science/journal/03768716/204/supp/C), 107562.

**21. Efrati, Y**. (2019). Normal Versus Abnormal Sexual Behavior in Adolescents. *Psychiatric Times. 36, 9,14.*

**22.** Boniel-Nissim, M., **Efrati., Y,** & Dolev-Cohen, M. (2020).Parental mediation regarding children's pornography exposure : The role of parenting style, protection motivation and gender. *Journal of Sex Research*, *57*, 42-51.

**23. Efrati, Y**. (2020).Problematic and non-problematic pornography use and compulsive sexual behaviors among understudied populations: Children and adolescents. *Current Addicton Reports*, *7,* 68–75.

**24. Efrati, Y**., & Amichai-Hamburger, Y. (2020). [Are adolescents who consume pornography different from those who engaged in online sexual activities?](https://www.sciencedirect.com/science/article/pii/S0190740919311491) *Children and Youth Services Review*. [Volume 111](https://www.sciencedirect.com/science/journal/01907409/111/supp/C), 104843.

**25**. Zilberman, N., Yadid, G., **Efrati, Y**., Rassovsky, Y. (2020). Who becomes addicted and to what? Psychosocial predictors of substance and behavioral addictive disorders. *Psychiatry Research*. [Volume 291](https://www.sciencedirect.com/science/journal/01651781/291/supp/C), 113221.

**26. Efrati, Y**. Kolubinski, C.D, Caselli, G., & Spada, M.M. (2020). Desire thinking as a predictor of compulsive sexual behaviour in adolescents: Evidence from a cross-cultural validation of the Hebrew version of the Desire Thinking Questionnaire. *Journal of Behavioral Addictions, 9*, 797–807.

**27. Efrati, Y**., & Boniel-Nissim, M. (2021). Parents’ psychopathology promotes the adoption of ineffective pornography-related parenting mediation strategies**.** *Journal of Sex & Marital Therapy,* 47, 117-129.

**28. Efrati, Y**.,Shukron, O., & Epstein, R. (2021). Early maladaptive schemas are highly indicative of compulsive sexual behavior. *Evaluation & the Health Professions*. *44*, 142-151.

**29. Efrati, Y**., & Amichai-Hamburger, Y. (2021). Adolescents who solely engage in online sexual experiences are at higher risk for compulsive sexual behavior. *Addictive Behaviors*. [Volume 118](https://www.sciencedirect.com/science/journal/03064603/118/supp/C), 106874.

**30. Efrati, Y**. Kolubinski, C.D, Marino, C., & Spada, M.M. (2021). Modelling the contribution of metacognitions, impulsiveness, and thought suppression to behavioural addictions in adolescents. *I*[*nternational Journal of Environmental Research and Public Health*](https://www.mdpi.com/journal/ijerph), *18*, 3820.

**31**. Sassover, E., Abrahamovitch, Z., Amsel,Y., Halle, D., Mishan, Y., & **Efrati, Y**., & Weinstein, A. (2021). A study on the relationship between shame, guilt, self-criticism and compulsive sexual behaviour disorder. [Current Psychology](https://link.springer.com/journal/12144).

***non-refereed publications***

1. Efrati, Y., Tolmacz, R. & Mikulincer, M. (2013). Hypersexual behavior and more among alcohol and gambling addicts. All About Alcohol, 80, 9-8.
2. Efrati, Y. (2016). Cultural aspects among ultra-Orthodox youth and predispositions to alcohol addiction. All About Alcohol, 91, 2-1. (In Hebrew)
3. Efrati, Y. (2016). Am I normal ?! predispositions to Compulsive Sexual Behavior in Adolescents <From the section: From the study>. All About Alcohol, 98, 5-4. (In Hebrew).
4. Efrati, Y. (2017). A unique training program for therapists on the subject of "sex addiction" in collaboration with the Ministry of Health. Addictions in Israel, 5. Retrieved from

https://cdn.doctorsonly.co.il/2017/06/ Newspaper-number-5-addictions-in-Israel-Ilsam-June-2017.pdf (In Hebrew).

1. Efrati, Y. (2020). On pornography, addictions, and educational discourse. retrieved from [**https://gluya.org/author/yanive/**](https://gluya.org/author/yanive/) (In Hebrew).

***PAPERS PRESENTED AT SCIENTIFIC CONFERENCES***

1. Efrati, Y. & Tzuriel, D. (2012). *From intra-personal conflict among adolescents in the age of virtual reality to formation of self-image and mental wellbeing*. Sixth AMADOT Conference, Orot College, Israel. (In Hebrew).
2. Efrati, Y. & Tzuriel, D. (2013). *Dimensions of intra-personal conflict among adolescents in the era of virtual accessibility and their relationship to self-identity, mental symptoms, and mental wellbeing*. ISRA (Israeli Society for Research on Adolescence) Conference. (In Hebrew).
3. Doron, G., Efrati. Y., & Szepsenwol. O. (2013). Scrupulosity in religious Jews is linked with attachment anxiety and over-reliance on the morality self-domain for self-worth. Paper presented at the 7th World Congress of Behavioural & Cognitive Therapies, Lima, Peru.
4. Efrati. Y., Doron, G., & Szepsenwol. O (2015). Relationship Obsession Within the Individual-God Context: Exploring Obsessive Tendencies about One's Relationship with God. Paper presented at the 45th Annual EABCT Congress CBT: A Road to Hope and Compassion for People in Conflict. Jerusalem, Israel.
5. Doron. G., Efrati. Y., & Szepsenwol. O. (2015). Obsessing about one’s relationship with God: Exploring individual-God obsessive compulsive phenomena in Israeli religious Jews. Paper presented at the 49th Annual Congress of the American Association for Behavioral and Cognitive Therapies (AACBT), Chicago, U.S.A.
6. Efrati, Y. (2016). *Adolescents with a propensity for hypersexual behavior: The role of shame in willingness to turn for help and counseling.* The Scientific Conference of Educational Counselors, 2016. Hebrew University of Jerusalem (In Hebrew).
7. Finch, S., & Efrati, Y. (2016). *The place of capability of emotional regulation among detached Orthodox youth in hyper-internet activity.* The Scientific Conference of Educational Counselors, 2016. Hebrew University of Jerusalem (In Hebrew).
8. Doron, G., Efrati ,Y., & Szepsenwol, O. (2016). Relationship obsessions as an inter-related category of OCD: an experimental investigation. Paper presented at the 8th World Congress of Behavioural and Cognitive Therapies 2016, ‘Advances and Innovations in the Behavioural and Cognitive Therapies Across the World’ (WCBCT 2016), Melbourne, Australia, 22-25 June 2016.
9. Efrati, Y., & Mikulincer, M. (2017). Adolescent hypersexuality: Is it a distinct disorder? Paper presented at the 4th International Conference on Behavioral Addictions, Haifa, Israel. 20-22 February 2017.
10. Efrati, Y., & Gola, M. (2018). Understanding and predicting profiles of compulsive sexual behavior among adolescent. Paper presented at the 5th International Conference on Behavioral Addictions, Cologne, Germany. 23-25 April 2018.
11. Efrati, Y., & Gola, M. (2019). Adolescents’ compulsive sexual behavior: Family systemic approach. Paper presented at the 6th International Conference on Behavioral Addictions, Yokohama, Japan. 17-19, June 2019.
12. Efrati, Y. (2021). Compulsive sexual behavior and dangerous sexual behavior among young women with substance abuse disorder. Gender and addiction in the light of research, School of Social Work, Tel Aviv University. (In Hebrew).

**Invited addresses**

1. Efrati, Y. (2021, March(. Sex Addiction - is it a distinct disorder? Promotion of rehabilitative projects and ELSAM. Department of Psychiatry, Bersheva. Israel.

2. Efrati, Y. (2018, November). Adolescents’ compulsive sexual behavior.

Department of child and adolescence Psychiatric. The Medical Center for Mental Health, Ness Ziona. Israel.

3. Efrati, Y. (2017, December). "Other sex and addicted": Compulsive sexual

behavior: is it a distinct disorder? ILSAM- Israeli Society of Addiction

Medicien. Eilat. Israel

4. Efrati, Y. (2017, july). Addicted to porn and sex: is it a distinct

disorder? It's not rock'n'roll anymore- when sex and drugs become addictive. The Medical Center for Mental Health, Beer Yaakov. Israel.

5. Efrati, Y. (2015, December). Hypersexual behavior: is it a distinct

disorder? Colloquium Psychology Unite, Bar-Ilan university, Ramat-Gan, Israel.

6. Efrati, Y. (2016, may). Ministry of Health Steering Committee in cooperation with

the Ministry of Welfare on the subject of promoting behavioral addiction.

Jerusalem, Ministry of Health.

**Conference Steering Committee**

1. Efrati, Y. It’s no longer rock and roll: When sex and drugs turn into addiction. The Medical Center for Mental Health, Beer Yakov, Israel.

2. Efrati Y., (2021). Social Emotional Learning (SEL) with the face forward to the day after, Beit Berl Academic College.

**Reviewer**

* Review Editor at 'Addictive Disorders' in "Frontiers in Psychiatry".
* Psychological Reports
* British Journal of Guidance and Counselling
* Addictive Behaviors
* Psychology Research and Behavior Management
* Educational Consulting (in Hebrew)
* Journal of Sex & Marital Therapy
* Sexual and Relationship Therapy
* Journal of Behavioral Addictions
* Journal of Clinical Medicine
* Frontiers Psychology
* Thesis in the Clinical Department of Psychology, Master's Degree in IDC Herzliya
* Research proposal for a doctoral dissertation in the Department of Criminology at Ariel University
* Archives of Sexual Behavior
* Contemporary Jewry
* Evaluation & the Health Professions
* BMC Psychiatry
* Frontiers Psychiatry
* Cyberpsychology: Journal of Psychosocial Research on Cyberspace
* Psychiatry Investigation
* Sexual Health and Compulsivity
* Health & Social Care in the Community