



Lilla Török, PhD

- Research fellow
- Department of Psychology and Sport Psychology
- Year of birth: 1988

Qualifications, academic degrees

University degrees

- 2009 – University of Pécs: Psychology (bachelor's degree)
- 2012 – University of Pécs: Psychology (master's degree)
- 2015 – Hungarian University of Sports Science (sport psychologist)

Academic degrees and titles

- 2021 – University of Pécs: PhD

Professional career

Previous and current jobs, positions and titles

- 2015 – Hungarian University of Sports Science: research fellow
- 2022 – Université d'Artois: postdoctoral fellow

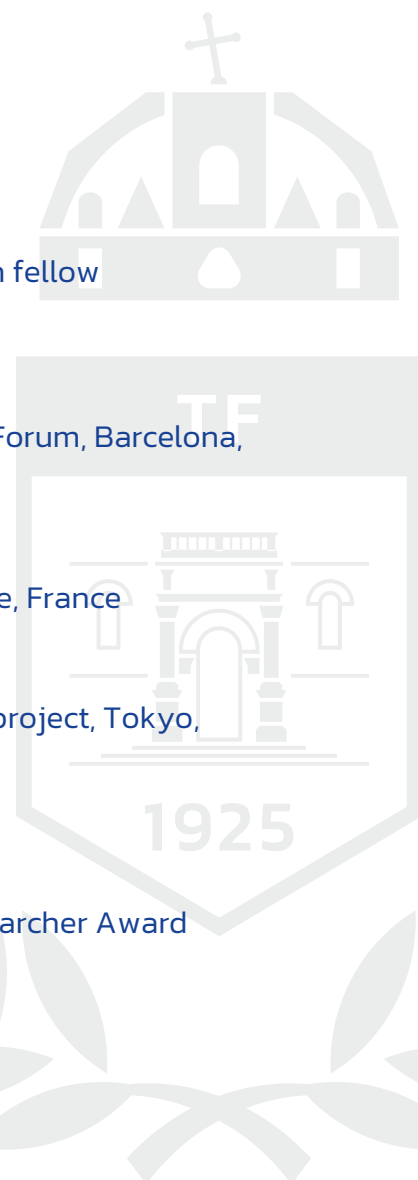
Key study trips, missions

- 2010 – European Athletic Association, Young Leaders Forum, Barcelona, Spain
- 2011 – Erasmus Scholarship, Valencia, Spain
- 2017 – Western University, study trip, London, Canada
- 2018 – Université des Antilles, study trip, Pointe-à-Pitre, France
- 2019 – APS Convention, Washington D. C., USA
- 2021 – Université d'Artois, study trip, Arras, France
- 2022 – Sport for Sustainable Development EU/ENGSO project, Tokyo, Japan

Awards, titles, honours

- 2010 – Scholarship of the Republic
- 2014 – Alps-Adria Psychology Conference: Young Researcher Award

Language skills



language	speaking skills	writing skills	reading skills	take part in a media event?
Hungarian	C2	C2	C2	no
English	B1	B2	B2	no
Spanish	B1	B1	B1	no
French	A1	A2	A2	no
Latin	-	-	A2	-

Research, expert activities

Major subjects and topics taught

- Social psychology
- Research methods

Field and discipline

- Social psychology
- Performance psychology
- Sports psychology

Current research topics

- Self-handicapping
- Self-zoo

Former research topics

- Perfectionism
- Attribution

Key research

- **Török, L.**, Szabó, Zs. P., Tóth, L. (2018). A critical review of the literature on academic self-handicapping: theory, manifestations, prevention and measurement. *Social Psychology of Education*, 21(5), 1175–1202.
- Vékony, T.*, **Török, L.***, Pedraza, F., Schipper, K., Pleche, C., Tóth, L., Janacsek, K., & Nemeth, D. (2020). Retrieval of a well-established skill is resistant to distraction: evidence from an implicit probabilistic sequence learning task. *PLOS ONE*, 15(12), e0243541. (* equally contributed)



- **Török, L., Szabó, Z. P., & Orosz, G. (2022).** Promoting a growth mindset decreases behavioral self-handicapping among students who are on the fixed side of the mindset continuum. *Scientific Reports, 12*, 7454.
- **Török, L., Szabó, Z. P., & Orosz, G. (2022).** Elite Athletes' Perfectionistic Striving vs. Concerns as Opposing Predictors of Self-Handicapping with the Mediating Role of Attributional Style. *Frontiers in Psychology, 13*, 862122.

Membership of a scientific or professional organisation or body

- Hungarian Athletics Association (referee)

Editorial board memberships and positions

- Physical Education, Sport, Science: Editorial Board member

Expert advisory activities

- Regular author of pop scientific papers

Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works):
<https://m2.mtmt.hu/api/author/10053912>

Contacts

University residence

- Building: K1
- Room: A217
- E-mail address: torok.lilla@tf.hu

Other professional profiles

- ResearchGate: <https://www.researchgate.net/profile/Lilla-Toeroek>
- Scholar:
<https://scholar.google.hu/citations?user=CtHWS8wAAAAJ&hl=hu>

