CURRICULUM VITAE AND PUBLICATIONS LIST

CURRICULUM VITAE

Name and Surname: Reyhan Kaygusuz Benli

Academic Title: Assistant Professor

Work Address:

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Foreign Languages Known (Score and Year): English, B1 Intermediate, 2019

Area of Expertise: Health Sciences

Degree	Department/Program	University	Year
Doctorate	FİZYOTERAPİ VE REHABİLİTASYON (DR)	Marmara University	2023
Master's Degree	KARDİYOPULMONER FİZYOTERAPİ-REHABİLİTASYON (YL) (TEZLİ)	Marmara University	2018
Bachelor's Degree	FİZYOTERAPİ VE REHABİLİTASYON PR.	Bolu Abant İzzet Baysal University	2014

Master's Thesis Title (abstract attached) and Thesis Supervisor(s):

Koroner arter hastalığında komorbidite ve fonksiyonel kapasitenin kinezyofobi ile ilişkisinin değerlendirilmesi

Doctoral Thesis/Proficiency Study/Medical Specialization Thesis Title (abstract attached) and Supervisor(s):

Mekanik ventile Yoğun Bakım hastalarında inspiratuar kas eğitiminin diafragma fonksiyonuna etkisinin radyolojik ve kardiyopulmoner değerlendirilmesi

Position Title	Workplace	Year
Lecturer		2019-Continues

Undergraduate and graduate level courses taught in the last two years (If offered, summer courses will also be added to the table):

Academic Year	Semester	Course Name	Weekly Hours		Number of Students
			Theoretical	Practical	
2025	Spring	Egzersiz Fizyolojisi			
2025	Spring	Kardiyak Rehabilitasyon			
2025	Spring	Pulmoner Rehabilitasyon			
2025	Spring	Klinik Problem Çözme-II			
2025	Spring	Fiziksel Aktivite ve Koruyucu Egzersiz Yaklaşımları			
2025	Spring	Solunum Hastalıklarında Rehabilitasyon			
2025	Spring	Günlük Yaşam Aktiviteleri			
2025	Spring	Ortez ve Rehabilitasyonu			

2025	Fall	Egzersiz Fizyolojisi			
2025	Fall	Kardiyak Rehabilitasyon			
2025	Fall	Pulmoner Rehabilitasyon			
2025	Fall	Klinik Problem Çözme-II			
2025	Fall	Fiziksel Aktivite ve Koruyucu Egzersiz Yaklaşımları			
2025	Fall	Solunum Hastalıklarında Rehabilitasyon			
2025	Fall	Günlük Yaşam Aktiviteleri			
2025	Fall	Ortez ve Rehabilitasyonu			

PUBLICATIONS

A. Articles published in international peer-reviewed journals:

A1. Mete E., Kaygusuz Benli R., Cinbaz G., Karacan E., Yıldırım Ayaz E., Dincer B., Yanık A., "Green Exercise for Emotional Health: Effects on Alexithymia, Depression, and Quality of Life in Older Adults—A Randomised Controlled Trial", *Psychogeriatrics*, vol. 26, no. 2, pp. 1-12, 2026.

A2. Mete E., Kaygusuz Benli R., Kılıç B. B., Yaşarer Ö., "Modeling positive and negative attitudes toward artificial intelligence among physiotherapy students: The role of literacy, anxiety, beliefs, and emotions", *WORK-A JOURNAL OF PREVENTION ASSESSMENT & REHABILITATION*, no. 1, 2026.

A3. Kaygusuz Benli R., Yaşarer Ö., Mete E., Kılıç B. B., "The relationship between comorbidities, physical inactivity, kinesiophobia and physical performance in hypertensive individuals: a cross-sectional study", *BMC Cardiovascular Disorders*, vol. 25, no. 1, 2025.

A4. Kaygusuz Benli R., Yılmaz B., Yurdalan S. U., Adıgüzel N., "Does inspiratory muscle training affect expiratory muscle thickness in respiratory intensive care patients? A pilot randomized controlled study", *Journal of Critical Care*, vol. 89, no. 30, 2025.

A5. Yıldırım Ayaz E., Dincer B., Cinbaz G., Karacan E., Kaygusuz Benli R., Mete E., Bilgiç H., Mesçi B., "The Effect of Exercise on Spexin and Follistatin in Elderly Individuals", *Journal of Cachexia, Sarcopenia and Muscle*, vol. 16, no. 1, 2025.

A6. Yaşarer Ö., Mete E., Kaygusuz Benli R., Kılıç B. B., Doğan H., Sarı Z., "Association between smartphone addiction and myofascial trigger points", *BMC Musculoskeletal Disorders*, vol. 25, no. 1, 2024.

A7. Kaygusuz Benli R., Yurdalan U., Yılmaz B., Adıgüzel N., "Effect of post-extubation inspiratory muscle training on diaphragmatic function in mechanically ventilated patients: A randomized controlled trial", *Advances in Clinical and Experimental Medicine*, vol. 33, no. 10, pp. 1077-1085, 2024.

A8. Yıldırım Ayaz E., Dincer B., Mete E., Kaygusuz Benli R., Cinbaz G., Karacan E., Cankül A., Mesçi B., "Evaluating the impact of aerobic and resistance green exercises on the fitness, aerobic and intrinsic capacity of older individuals", *Archives of Gerontology and Geriatrics*, vol. 118, 2024.

A9. Yıldırım C., Acar G., Polat M. G., Mete E., Kaygusuz Benli R., Günay Yazıcı C., "Neuroimaging in developmental coordination disorder Gelişimsel koordinasyon bozukluğunda nörogörüntüleme", *Turk Noroloji Dergisi*, vol. 27, no. 1, pp. 5-16, 2021.

B. Papers presented at international scientific meetings and published in proceedings:

B1. Kaygusuz Benli R., Saatçı E. Z., Tuğtepe H., ASSESSING HAND DEXTERITY AND UPPER EXTREMITY PERFORMANCE IN CHILDREN WITH BLADDER BOWEL DYSFUNCTION, In: *34th Congress of the European Society for Paediatric Urology (ESPU)*, Italy, 2024.

B2. Kaygusuz Benli R., Yılmaz B., Yurdalan S. U., Adıgüzel N., Ultrasonographic Comparison of Diaphragm and Expiratory Muscle Functions in the Respiratory Intensive Care Patients with Successful Weaning and Weaning Failure: A Prospective Study, In: *24th International Intensive Care Symposium*, İstanbul, Türkiye, 2023, pp. 3.

B3. Kaygusuz Benli R., Yurdalan S. U., Yılmaz B., Adıgüzel N., RADIOLOGICAL EVALUATION OF THE EFFECT OF INSPIRATORY MUSCLE TRAINING ON DIAPHRAGMATIC FUNCTIONS IN EXTUBATION PERIOD: A CASE OF POST OPERATIVE PNEUMONIA, In: *UNION OF THRACE UNIVERSITIES V. INTERNATIONAL HEALTH SCIENCES CONGRESS*, Balıkesir, Türkiye, 2022.

B4. Dincer B., Yıldırım Ayaz E., Mesçi B., Aytekin Özdemir A., Pençe S., Maral I., Sertbaş Y., Mete E., Kaygusuz Benli R., Cinbaz G. vd., Huzurevinde Yaşayan Yaşlı Bireylerin Metabolik Sendrom ve Abdominal Obezite Durumu, In: *7. Uluslararası 18. Ulusal Hemşirelik Kongresi*, Konya, Türkiye, 2022.

B5. Yaşarer Ö., Mete E., Kaygusuz Benli R., Kılıç B. B., Doğan H., Sarı Z., The Effect of Smartphone Addiction on the Musculoskeletal System, In: *Uluslararası Maldia Sağlık Bilimleri Kongresi*, Malatya, Türkiye, 2022, pp. 97-98.

C. National/international books written or chapters in books:

C2. Chapters in national/international books written:

C2.1. Yurdalan S. U., Kaygusuz Benli R., Kılıç B. B., "Pulmoner Rehabilitasyon", *Fizyoterapi ve Rehabilitasyon*, Nobel Tıp, İstanbul, 2025.

D. Articles published in national peer-reviewed journals:

D1. Mete E., Kaygusuz Benli R., Yaşarer Ö., Kılıç B. B., "Health Literacy and Knowledge of Cardiovascular Risk Factors in Middle-Aged Adults: Associations with Sociodemographic and Clinical Characteristics", *Acıbadem Üniversitesi Sağlık Bilimleri Dergisi*, vol. 17, 2026.

D2. Kılıç B. B., Mete E., Kaygusuz Benli R., Yaşarer Ö., Yıldız Özer A., "Adaptation of the short multidimensional inventory lifestyle evaluation-confinement to Turkish: Validity and reliability study", *Sağlık Akademisyenleri Dergisi*, vol. 10, no. 4, 2023.

D3. Yurdalan S. U., Kaygusuz Benli R., Altuğ M. T., "Evaluation of the Relationship Between Preoperative Functional Capacity, Number of Clogged Vessels and Kinesiophobia Level in Postoperative Intensive Care and Hospital Stay in CABG Cases", *The Open Public Health Journal*, 2019.

E. Papers presented at national scientific meetings and published in proceedings:

E1. Kaygusuz Benli R., Saatçı E. Z., Alper B., Midoyan N., Dülger E. N., Tuğtepe H., Mesane ve Bağırsak Disfonksiyonu Olan Çocukların El Dokunma Duyu Profilinin Sağlıklı Kontrollerle Karşılaştırılması, In: *13. ULUSAL PEDİATRİK ÜROLOJİ KONGRESİ*, Türkiye, 2023.

E2. Saatçı E. Z., Kaygusuz Benli R., Sevindik B., Turgut F., Çetinkaya S., Tuğtepe H., Mesane ve Bağırsak Disfonksiyonu, İnce Motor Becerileri Etkileyebilir mi?, In: *13. ULUSAL PEDİATRİK ÜROLOJİ KONGRESİ*, Türkiye, 2023.