Zeynep Zehra Yıldız MD

Specialist in Child and Adolescent Psychiatry

Academic Curriculum Vitae

Kahramanmaraş, Türkiye
ORCID 0009-0006-1683-5178

Professional Profile

Child and adolescent psychiatrist with medical and specialty training at Gaziantep University. Research focuses on trauma and dissociation in young people, clinical outcomes of EMDR and EMDR 2.0, and neuroendocrine biomarkers in psychiatric disorders.

Clinical Appointments

Specialist in Child and Adolescent Psychiatry 2026 - present
Necip Fazıl City Hospital, Kahramanmaraş, Türkiye

Resident Physician in Family Medicine 2021
Gaziantep University Şahinbey Research and Practice Hospital

General Practitioner 2019 - 2020
Kilis State Hospital, Kilis, Türkiye

Education and Specialty Training

Specialty Training in Child and Adolescent Psychiatry 2026
Gaziantep University Faculty of Medicine
Department of Child and Adolescent Psychiatry. Residency completed in 2026.

Doctor of Medicine 2012 - 2019
Gaziantep University Faculty of Medicine, Gaziantep

Medical Specialty Thesis

Comparison of the effectiveness of standard EMDR (eye movement desensitization and reprocessing) and EMDR 2.0 in adolescents diagnosed with dissociative disorder and evaluation of the endogenous opiate system.

Gaziantep University Faculty of Medicine, 2026. Supervisor: Baran Çalışgan MD, Assistant Professor.

The study evaluates standard EMDR and EMDR 2.0 protocols in relation to dissociative symptoms, depressive symptoms, overall clinical status and markers of the endogenous opioid system.

Publications and Research

Peer Reviewed Research Article

1. Yildiz E, Elboga G, Uygun MC, Yilmaz R, Selvi Y, Ulusal H, Çelik E, Sahpolat M, **Yildiz ZZ**, Hursitoglu O, Altindag A, Tarakçıoğlu M, Pantazopoulos H.

Lower morning levels of cortisol and neuropeptides in blood samples from patients with bipolar disorder.

Journal of Affective Disorders Reports. 2022;10:100406.

DOI 10.1016/j.jadr.2022.100406

Conference Contributions

1. Yıldız ZZ, Calisgan B, Karadağ M.

Effects of EMDR, EMDR 2.0 and standard treatment protocols on clinical symptoms and endogenous opioid system biomarkers in adolescents with dissociative disorders. [Title translated from Turkish.]

35th National Congress of Child and Adolescent Psychiatry, Kuşadası, Türkiye, 5-9 May 2026. Oral presentation S-059; abstract book, p. 428.

Congress programme and abstract book

2. Yıldız E, **Yıldız ZZ**, Karadağ M.

Effect of EMDR therapy on post-traumatic stress symptoms, symptom severity and anxiety level in psychotic patients with at least one traumatic events.

European Psychiatry. 2023;66(Suppl 1):S1053. Abstract of the 31st European Congress of Psychiatry.

DOI 10.1192/j.eurpsy.2023.2234

3. Yıldız E, **Yıldız ZZ**, Dağdelen SN.

Examining the relationship between exposure to psychological violence and aggression level in adult individuals.

EABCT 2023 Congress, Antalya, Türkiye, 4-7 October 2023. Conference abstract.

Congress proceedings

4. Yıldız ZZ, Karadağ M, Hangül Z.

Evaluation of empathy in patients diagnosed with attention deficit hyperactivity disorder. [Title translated from Turkish.]

31st National Congress of Child and Adolescent Psychiatry, Çeşme, İzmir, Türkiye, 17-20 May 2022. Conference abstract S-152; abstract book, p. 683.

Congress abstract book

Manuscript in Preparation

EMDR and EMDR 2.0 manuscript based on the medical specialty thesis

English manuscript on dissociation and the endogenous opioid system in children and adolescents. Analysis and manuscript development are ongoing in collaboration with Emrah Yıldız and Harry Pantazopoulos. Status: in preparation, 2026.

Research Interests

Trauma and dissociation in children and adolescents; EMDR and EMDR 2.0; psychotherapy outcomes; neuropeptides and neuroendocrine biomarkers in psychiatric disorders.

Language

English: B2, upper intermediate (self reported).