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Dr. Viola Sallay is a psychologist and Assistant Professor at the Institute of Psychology, University of Szeged, Hungary. She received her PhD in 2014. Her PhD thesis discussed qualitative grounded theory research of emotional self-regulation processes in the family home. Her research interests include environmental and systemic aspects of well-being, the role of environmental self-regulation in personal growth processes and the use of qualitative methodologies in well-being research. She works also as a family therapist and clinical health psychologist.