

Dr. Mirlinde Bilalli is an Assistant Professor at UBT College, where she teaches **Medical Psychology, Stress Management Techniques, and Emotion and Motivation**. She completed her bachelor's and master's studies in Psychology in Skopje, while her doctoral studies were carried out at the **Faculty of Medicine** in the field of **Public Health**, shaping a strong interdisciplinary profile that connects psychology with health sciences.

With over **15 years of professional experience**, Dr. Bilalli contributes to the academic development of students through contemporary approaches that integrate psychological well-being, mental health, and education. Her research interests include mental health, stress management, emotion and motivation, as well as psychosocial factors influencing individual well-being.

She has published scientific papers in **international indexed journals** and has presented at **national and international conferences**, engaging in research projects and academic collaborations within and outside the country. Her work reflects a continuous commitment to professional development, student well-being, and the promotion of evidence-based practices in education and health.