

3 GOOD HEALTH AND WELL-BEING



Health and well-being are essential for thriving societies, yet global inequalities persist. Özyeğin University supports this goal by providing mental health services for students and staff, engaging in public health education, and conducting impactful research on child development, family well-being, and disaster-related psychological support.

49

Scholarly Publications
(2020-2024)

1

Citation Impact
(FWCI)

5

Funded
Projects

32

Student-Led
Activities

Promoting Sexual Health Awareness on Campus

In collaboration with the Turkish Family Health and Planning Foundation (TAP Foundation), ÖzÜ LGBTIQ+ and Women's Studies Clubs set up an awareness booth in the student center forum area to educate hundreds of students about HIV and Sexually Transmitted Infections (STIs) and promote safe sexuality. During the event, important information was shared on gender equality and sexual health, aiming to increase awareness about HIV and STIs within the community.

This event provided participants with an opportunity to develop a more informed approach toward health and sexuality, while also enhancing awareness about safe sexual practices.

Supporting Self-Expression and Social Skills Through Art Therapy

The Art Therapy Workshop, organized by the Accessible Education Unit, is designed to help students enhance their self-perception and social communication skills through the expressive and reflective methods of art therapy. Taking place between February 24 and April 14, 2025, the workshop spans eight weeks and is open exclusively to students. Sessions are held face-to-face for two hours each week, with schedules arranged according to participants' availability. The workshop provides students with an opportunity to embark on a journey of self-awareness, creative expression, and interpersonal growth within a supportive and inclusive environment.

Comprehensive Health, Safety, and Accessibility Infrastructure

Özyeğin University places strong emphasis on promoting health, safety, and accessibility across its campus. The University's operations are designed to ensure the physical and psychological well-being of all members of its community, with particular attention to accessibility and emergency preparedness.

The University's Accessibility Unit coordinates a comprehensive range of services and initiatives that support students and staff with disabilities. These include awareness-raising activities, events, and psychological support services. The campus is equipped with a Disabled Navigation System, an Induction System for hearing-impaired students, and Tactile Ground Surface Indicators to facilitate accessible walkways. Dormitories include rooms designed for students with disabilities, while accessible restrooms and dedicated parking spaces are available throughout the campus.

In addition to accessibility efforts, Özyeğin University ensures a high standard of health and safety through its on-campus Health Center, which operates 24/7. Staffed by doctors, occupational physicians, nurses, paramedics, and ambulance drivers, the center provides immediate medical attention in emergencies involving students or

employees. Moreover, 62 members of staff hold certified first aid training, contributing to the University's capacity for rapid and effective emergency response.

Mental Health Support for Students and Staff

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Özü Couple and Family Center (ÖzüÇAM): Community-Wide Mental Health Services

Established in February 2017, the Couple and Family Center (ÖzüÇAM) at Özyeğin University serves as a comprehensive training, practice, and research hub for the Couple and Family Therapy Master's Program. The center provides accessible couple and family therapy services to Özü students, staff, and members of the broader community, while conducting research and offering certificate programs and psychoeducational workshops to foster individual and relational growth.

Between September 2024 and the present, ÖzüÇAM carried out 424 therapy sessions and received 43 new applications — including 5 from Özü staff, 1 from students, and 37 from external participants. Cumulatively, since its establishment, the center has delivered 10,884 sessions and reached over 1,050 individuals, including 263 university staff, 37 students, and 750 community members.

Throughout 2024, ÖzüÇAM continued its outreach through events such as the workshop "Strengthening Emotional Connection: Relationship Workshop with Gottman and Emotionally Focused

Couple Therapy" and public seminars on sexuality education and family resilience. These activities contribute to psychological well-being, gender equality, and community mental health.



PERGEL (Positive Teenager Development) Project: Supporting Adolescents Through Crisis

The PERGEL project, which was developed by Prof. Dr. Çiğdem Kağıtçıbaşı and her research team and aims to support the social and emotional development of children in early adolescence, was updated in the 2023-2024 academic year by a research team led by Prof. Dr. Nazlı Baydar and graduate and undergraduate students. A new version including earthquake first aid modules was developed. In Istanbul, the project was implemented in collaboration with Şişli Municipality, Ataşehir Municipality, Sarıyer Municipality, Esenyurt Municipality, Association for Supporting Contemporary Life, and Education Volunteers Foundation. As of June 2024, the PERGEL program reached 1,314 adolescents with 222 interns from universities in Istanbul and Izmir. Of the 222 interns, 60 were Özü Psychology students, and 3 graduate students served as supervisors in PERGEL. A master's graduate carried out the field coordination of the practices conducted in cooperation with the Ministry of Family and Social Services in earthquake-affected cities in Southeastern Anatolia.

Research Laboratories Advancing Health Technologies and Medical Innovation

Two Özü laboratories, where a dynamic and qualified research community consisting of faculty members from different disciplines, interns, students, and technical staff collaboratively conduct their work, correspond to UNDP's SDG 3.

In the Medical and Biological Physics Laboratory, led by Prof. Dr. Burçin Ünlü, research is conducted on disease modeling, imaging, and diagnosis using photoacoustic imaging, optical tomography, and ultrasound techniques. The focus has been particularly on developing new imaging systems for the early detection of prostate and breast cancer. Additionally, structural properties of biological tissues and cells have been examined using techniques such as acoustic microscopy and Raman spectroscopy, and cell manipulation studies have been carried out with the aid of laser beams and optical tweezers. Computational methods such as computer modeling, Monte Carlo simulations, and signal processing algorithms are also extensively used in the laboratory.

The Human-Centered Design Laboratory, led by Dr. Ramazan Ünal, focuses on the design and development of prosthetics and exoskeletons. The laboratory's research encompasses a comprehensive range of themes including robotic prostheses for both lower and upper extremities, robotic testing platforms specifically designed for prosthetics and exoskeletons, exoskeletons for lower limb support, and BalanSens, a robotic balance rehabilitation platform. Through these research areas, the laboratory aims to advance assistive technologies that enhance mobility and quality of life for individuals with physical disabilities.



YÜKSEK TEKNOLOJİLİ PROTEZLER

Dr. Ramazan ÜNAL

Patentli Teknolojiler

WalkMECH: Enerji geri-dönüşümlü transfemoral protez. Yürüme için gerekli olan itme gücünün %76'sını yürüme döngüsünün dinamiğini kullanarak doğalına yakın sağlamaktadır. Ağırlığı 2 kg.

WalkMECHadapt: Pasif yürüme prensibine dayanan ve yavaş, normal, hızlı yürüme hızlarına uyum sağlayan mikroişlemci kontrollü adaptif protez. Ağırlığı 2.3 kg.

AnkleMECH: Üç serbestlik derecesi sunarak doğal ayak bileği hareketlerini taklit eden protez. Yürüme konforu, eğimli yüzeylere uyum, dönüş kolaylığı, denge ve oturma konforu sağlamaktadır.

AnkaIQ: AnkleMECH çalışma prensibine göre tasarlanmış, hafif pasif ayak bileği protezi. İnsan ayağı formu ve boyutlarına sahip olup kullanıcının farklı ayakta kalma giymesine imkan tanımaktadır. Ağırlığı 400 gr.

Ankatron: Hafif ve kompakt yapıda motor destekli güç üreten, 2 serbestlik dereceli robotik ayak bileği protezi. Ağırlığı 1.3 kg.

BioKneecs: Motor destekli robotik diz protezi. Günlük aktivitelerde gereken gücü sağlarken merdiven çıkışında tork sunmaktadır. Ağırlığı 1.2 kg.

RoboLeg: Ankatron ve BioKneecs'in entegre edildiği robotik protez. Biyomekanik tabanlı tasarımı ile en az 5000 adım / 100 merdiven çıkma / 16 saat operasyon kabiliyetini sağlamaktadır. Ağırlığı 3 kg.

KnExo: Kas zayıflığı olan bireylere veya yük taşıyan bireylere destek olan diz eksoskeletonudur. İnsan dizinin biyomekanikini taklit ederek doğal diz hareketine uyumlu, hafif ve kompakttır.

HandMECH: Üç boyutlu eğrisi ile insan elinin biyomekanikini taklit eden omuz kontrollü el protezi. Ağırlığı 1.20 gr.

RoboWrist: Ağırlığa göre tutma ve kavrama kolaylığı sağlayan iki serbestlik dereceli robotik bilek protezi.

TestMECH: Alt ekstremitate yardımcı cihazlarının test edilmesine yönelik bir test platformu sistemidir.