



well-being

The project is co-financed by the Governments of Czechia, Hungary, Poland and Slovakia through Visegrad Grants from International Visegrad Fund. The mission of the fund is to advance ideas for sustainable regional cooperation in Central Europe.

PROMOTING THE WELLBEING CONCEPT AT MEDICAL AND PUBLIC SECTOR OF THE VISEGRAD REGION

CLOSING CONFERENCE

10. 10. 2024

SHORT AGENDA

8:00-9:00	REGISTRATION (new building aula)	
9:00 – 9:45	OPENING PRESENTATIONS (SIOT0032)	
9:45 – 10:00	COFFEE BREAK (new building aula)	
10:00-12:00	PLENARY (SIOT0032)	
12:00-12:30	LUNCH BREAK (new building aula)	
12:30-14:00	SHO1 SHORT COMMUNICATION (Well-being and health) (SIOT0032)	SHO1 SHORT COMMUNICATION (Well-being at the workplace) (SIOT0033)
14:00-14:15	COFFEE BREAK (new building aula)	
14:15-15:45	SHO2 SHORT COMMUNICATION (Mental well-being) (SIOT0032)	SHO2 SHORT COMMUNICATION (Well-being and sustainability) (SIOT0033)
15:45-16:00	COFFEE BREAK (new building aula)	
16:00-17:00	SHO3 SHORT COMMUNICATION (Well-being and education) (SIOT0032)	ROUNDTABLE DISCUSSION (SIOT0033)
9:00-17:00	POSTER SESSION (new building aula)	

WE ARE DELIGHTED THAT YOU ARE ATTENDING THE CONFERENCE !



PÉCSI TUDOMÁNYEGYETEM
UNIVERSITY OF PÉCS



CHARLES
UNIVERSITY



JESSENIUS FACULTY
OF MEDICINE IN MARTIN
Comenius University
Bratislava



MEDICAL
UNIVERSITY
OF GDAŃSK

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AGENDA

8:00-9:00 REGISTRATION (NEW BUILDING AULA)

9:00 – 9:45 OPENING PRESENTATIONS (SIOT0032)

- Opening speech: Miklós Nyitrai (Dean of the University of Pécs, Medical School)
- Orsolya Rigó (Project Manager of the Visegrad Fund) (online)
- Balázs Borkovits (Project Manager of WELLBEING - Promoting the wellbeing concept at medical and public sector of the Visegrad Region, University of Pécs)
- Zsuzsanna Varga (academic manager WELLBEING - Promoting the wellbeing concept at medical and public sector of the Visegrad Region, University of Pécs, Medical School)

9:45 – 10:00 COFFEE BREAK (NEW BUILDING AULA)

10:00-12:00 PLENARY (SIOT0032)

- István Faragó: International trends and domestic solutions to strengthen the attitude to wellbeing at work
- József Vitrai: Why would public health benefit from focusing on well-being rather than health? (online)
- Cecilia Brassett: The Cambridge Collegiate System: Balancing academic progress and student wellbeing (online)
- Karryn Bratby & David Duncan: Student Wellbeing Toolkit: Building Staff Capacity to Support the Mental Health and Wellbeing of University Students (online)
- Péter László Kanizsai: Challenges of a boss in maintaining well-being in an Emergency Department
- Dániel Kónya: Well-being program @Körber Hungária

12:00-12:30 LUNCH BREAK (NEW BUILDING AULA)

WELL-BEING AND HEALTH (SIOT0032)

Vision & Vitality: Exploring the Nexus of Ocular Health and Mental Wellbeing

Author: Tibor Rák

Presenter: Tibor Rák

Are meta-analyses that investigate Ketogenic Diets to be believed?

Authors: Nicole Hunter, Edit Murány, Balázs Németh, Katalin Szendi

Presenter: Nicole Hunter

Resilience in the service of others. Preterm babies' parents as experts of experience

Authors: Marta B. Erdos, Dóra Monostori

Presenter: Marta B. Erdos

The Role and Significance of Health Promotion in Workplace Welfare Systems

Authors: Attila Nyikos, Fanni Akl Juhász Gábor

Presenter: Attila Nyikos Phd

Integrating health in academic environment: lessons from five years of YourLife program

Authors: Andrea Horváth-Sarródi, Erika Balogh, , Zsófia Duga, Zsuzsanna Varga, István Kiss

Presenter: Andrea Horváth-Sarródi

Effect of Yoga Therapy on the Hormonal level in PCOS women: Systematic Review

Authors: Shalini Chauhan, Sachal Sadiq, István Karsai, Viktória Prémusz

Presenter: Shalini Chauhan

WELL-BEING AT THE WORKPLACE (SIOT0033)

Well-being at the Workplace: Employee Engagement as an Indicator

Author: Ágnes Baros-Tóth

Presenter: Ágnes Baros-Tóth

The Relationship Between Employee Satisfaction and Resilience Within the Framework of Wellbeing

Authors: Gábor Juhász, Ákos Jarjabka, Norbert Sipos

Presenter: Norbert Sipos

Promoting Well-being in Museums - A Comparative Study in Baranya County (Hungary) and Görlitz District (Saxony, Germany)

Author: Zsuzsa Koltai

Presenter: Zsuzsa Koltai

Wellbeing in the caring professions - online

Author: Zita Dombrádi

Presenter: Zita Dombrádi

The Comfort Map: Enhancing Personal Comfort and Wellbeing in Office Workplaces

Authors: Ágnes Borsos, Erzsébet Szeréna Zoltán, Éva Pozsgai, Balázs Cakó, János Girán

Presenter: János Girán

Opportunities for Curriculum Development in Pharmacy Education through the Integration of Pedagogical Theories into Teaching Practice

Author: András Fittler

Presenter: András Fittler

14:00-14:15

COFFEE BREAK (NEW BUILDING AULA)

MENTAL WELL-BEING (SIOT0032)

How to Effectively Provide Support in Challenging Times? Insights from the Polish Academic Psychological Support Center

Authors: Agata Rudnik, Agnieszka Wojtecka

Presenter: Agata Rudnik

Self-reflection with creative tools. Art therapy practice at the medical university

Author: Olga Zagorącz

Presenter: Olga Zagorącz

Introducing the Hungarian Association for Counselling in Higher Education (FETA) – Knowledge transfer across Hungary to promote well-being in higher education.

Authors: Tamás Csikós, Andrea Perényi, Boróka Gács, Beáta Füleki, Péter Oroszi

Presenter: Tamás Csikós

Wellness in Academia: Insights from a Workshop on Academic Burnout

Authors: Diego Andrade, Ícaro Ribeiro, Maté Orsolya

Presenter: Diego Andrade

Neurodiversity at Work: Enhancing Mental Health and Well-Being Through Inclusive Practices

Author: Alexandra Dobos

Presenter: Alexandra Dobos

General stress management

Authors: Oppa Miloslav

Presenter: Oppa Miloslav

Counselling Service for Medical Students; Mission, Experience, Vision (online)

Author: David Skorunka

Presenter: David Skorunka

WELL-BEING AND SUSTAINABILITY (SIOT0033)

PTE Science and Innovation Park

Authors: Dalma Lovig, Sarolta Jurdik, Ágnes Borsos, Gabriella Medvegy

Presenters: Sarolta Jurdik, Dalma Lovig

Adaptable architecture and well-being

Authors: Ojo David, Ágnes Borsos, Gabriella Medvegy

Presenters: Ojo David

Application of Virtual Reality in Interior Design for Supporting Well-Being

Authors: Zsófia Bittner, Boróka Gács, Ágnes Borsos, Dalma Lovig

Presenter: Konrád Varga

The role and importance of aesthetic quality in enhancing workplace well-being

Authors: Fanni Akl, Attila Nyikos, Gábor Juhász

Presenter: Fanni Akl

The Integration of Innovation Platforms in Sustainability for Wellbeing Governance: TIIPS4Wellbeing Governance as a solution

Author: Kia Goolesorkhi

Presenter: Kia Goolesorkhi

15:45-16:00

COFFEE BREAK (NEW BUILDING AULA)

WELL-BEING AND EDUCATION (SIOT0032)

Can Work Intensification Be Considered an Emerging Risk among Teachers?

Author: Rita Molnar

Presenter: Rita Molnar

The Career Office's contribution to student well-being

Authors: Fanni Óry, Emília Vass

Presenter: Fanni Óry

SPARK – a resilience-enhancing model for well-being

Author: Beáta Laki

Presenter: Beáta Laki

From personal growth to community impact: Empowering lives through education

Author: Dóra Ariyo-Kiss

Presenter: Dóra Ariyo-Kiss

Fostering Cognitive Agility and Communication Skills: The Role of a Debate Club in Medical Education

Authors: Kata Váradi, Kristóf Roskó, Bulcsú Egyed, Eszter Édes

Presenter: Kata Váradi

16:00-17:00

ROUNDTABLE DISCUSSION

EFFECTS ON MENTOR PROGRAMS IN THE EVERYDAY LIFE OF A FACULTY (SIOT0033)

Participants:

Boróka Gács, University of Pécs, Medical School

Miloslav Oppa, Medical School, Jessenius Faculty of Medicine in Martin

Agnieszka Wojtecka, Gdansk University

Jana M. Havigerová, Charles University, Faculty of Medicine in Hradec Králové

1. Challenges in building a brand strategy for a well-being program in a university environment
Authors: Zsófia Duga, Nanetta Mehringer, Eszter Bacsa, Andrea Horváth- Sarródi
2. How can a worker with autism perform well in the health or public sector?
Author: Bettina Trixler
3. Nurturing Exceptional Talent: The Romhányi György College for Advanced Studies Enhancing Development in Gifted Medical Students
Authors: Kristóf Filipánits, András Fekete, Kristóf László, Andrea Horváth-Sarródi, Erika Pintér, Zsófia Duga, Dóra Reglődi
4. Student Support Centre, ELTE Faculty of Informatics
Authors: Viktória Nagy, Albert Mihály, Szilvia Makai, Rita Takács
5. Mental well-being of students at PTE-ÁOK
Authors: Zsuzsanna Varga, Fodor Zsuzsanna, Boróka Gács
6. Sleep hygiene behaviors, social jetlag, and subjective sleep quality among Hungarian adolescents
Authors: Katalin Fusz, Bernadett Makkai, Péter Závodi, András Deák, Eszter Somlai
7. Neuroarchitectural design of a healing environment: optimizing patient recovery through spatial and sensory integration – (online)
Author: Oguz Atakan Gul
8. How can we implement essential oils in our everyday life? – Well-being room at the Department of Pharmacognosy, University of Pécs
Author: Györgyi Horváth
9. Stress on display: measuring the human stress response
Author: Tomáš Kukučka
10. Nature connection – as a promoter of well-being – a win-win-win situation
Author: Melinda Boros
11. Enhancing Clinical Training in Undergraduate Medical Education through Near-Peer Teaching at the University of Pécs Medical School
Authors: Míra Zsófia Peresztegi, Kristóf Filipánits, László Czopf, Tímea Németh, Zalán Szántó, Andrea Tamás
12. Promoting Well-being through Alumni Engagement: The Junior Alumni Program (JAP) of the University of Pécs Medical School
Authors: Klára Somodi, Caleb Ibitamuno, Orsolya Szentes
13. The prevalence of subclinical ADHD in international medical students and its relationship to elevated levels of depression, anxiety and impaired social functioning – (online)
Authors: Rebecca Spartmann, Boróka Gács, Nóra Faubl

14. Human-centered office design: enhancing well-being and productivity through interior design
Authors: Zsófia Bánszky, Gréta Szekeres, Borbála Anna Szente
15. Empowering Medical Students: Near-Peer Teaching Initiatives at the University of Pécs Medical School, Hungary
Authors: Andrea Tamás, Kristóf Filipánits, Timea Németh, Judit Sebők, Míra Zsófia Peresztegi, László Czopf
16. Supporting Student Well-being through Peer Mentoring: The Peer Program at the University of Pécs
Authors: László Ujvári, Ágnes Friesz, Anikó Csehné Praks, Prithvinagraj Pasupathy, Laura Sulics
17. 1st Anatomy Demonstration workshop at the University of Pecs, Medical School
Authors: Jason Sparks, Dora Reglodi, Daniel Pham, Bence Pytel, Zsombor Marton, Balazs Horvath, Mate Szemes, Liliana Lucas, Andrea Tamas
18. Words of Wellness: A Cross-Cultural Lexicon of Medical Students' Well-being (*Faculty of Medicine in Hradec Kralove*) – (online)
Authors: Jana M. Havigerová, Monika Ulrichová, Tereza Silbernágllová, Eva Macourková
19. Self-compassion in chronic illnesses
Author: Małgorzata Treppner, University of Gdańsk
20. The importance given to crises in the life of consecrated women in Poland
Author: s. Małgorzata Wojtecka – (online)
21. Relationship difficulties and crises in the lives of medical students: experiences and interventions of the Counselling Service at the University of Pécs, Medical School
Authors: Rebeka Jávör, Jutta Major, Boróka Gács
22. Well-being Among Neurodiverse University Students in Poland
Authors: Alicja Pomian, Anna Skupińska
23. What can the PR Department do for the well-being of students? Good practice from the Faculty of Medicine Hradec Králové, Charles University – (online)
Authors: Radka Tobolková,
24. *Healing through Music and Activities: Promoting Well-Being Among Students at the University of Pécs Medical School*
Authors: László Újvári, Anikó Csehné Praks, Ágnes Friesz, Carla Schreiber