



well-being

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ABSTRACT BOOK

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

CLOSING CONFERENCE

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Mental Well-being of Medical Students in the Visegrad Four Countries: A Visegrad Fund project

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Keywords: wellbeing, mental health, mentor training

Abstract:

The mental health of medical students is a critical concern, as their well-being directly influences performance and the overall success of educational institutions. Thus, understanding the factors that threaten their mental well-being is essential for developing effective support mechanisms.

This project aimed to investigate the mental well-being of medical students across the Visegrad Four countries (Hungary, Czech Republic, Poland, Slovakia) and to develop a mentoring program for students.

A cross-sectional exploratory study was conducted using an anonymous, English-language online questionnaire. Mental well-being was assessed using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), coping strategies were evaluated with the Brief COPE inventory, and somatic symptoms were measured using the Patient Health Questionnaire-15 (PHQ-15). Two-step cluster analysis was employed to classify students into distinct well-being groups. On May 30-31, the University of Pécs Medical School was honoured to host representatives from three Visegrad countries for a comprehensive mentor training session.

A total of 1,703 medical students (467 males) participated in the study. The cluster analysis revealed three distinct groups: (1) a stable group (2) a risk group and (3) a worst condition group.

The findings suggest that enhancing adaptive coping strategies, the sense of control, and perceived social support may significantly improve mental well-being of medical students. The mentor program was a significant step forward in the joint effort to create a supportive and motivational environment for students.

We look forward to the continued collaboration and successful implementation of these mentoring programs.

Why would public health benefit from focusing on well-being rather than health?

József Vitrai, Society to Renew the Hungarian Public Health

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Keywords: wellbeing, public health

Abstract:

The difficulties faced by public health in many areas highlight the need for fundamental changes in approach and practice. In this presentation, we will explore why a paradigm shift in public health that changes the focus of public health activity from health to well-being would solve public health problems.

To form our opinion, we reviewed the literature on public health system development, evaluated the proposed solutions, and synthesized the conclusions.

Analyzing the problems, we repeatedly find the contradiction that the public health has no competence in areas where, at the same time, intervention by actors outside public health is needed. The cause of the problems is also thought to be that the common understanding of health - as opposed to the WHO definition - is the absence of disease, which means that the average person, including decision-makers outside our health system, starts to care about their health when they notice it is deteriorating. This attitude reduces the effectiveness and motivational impact of health communication. A break-out point for public health could be if it expands its focus to well-being, which, in my understanding, largely covers health. The promotion of well-being is a goal that all sectors - according to their own interpretation - want to achieve, and therefore there would be a greater chance of achieving coordinated actions of all sectors, therefore overall societal impact including health for all. Achieving well-being is an attractive and motivating goal for all individuals, encouraging targeted action in the short and long term to preserve health and prevent disease. Putting the well-being into the focus of public health, would give it a better chance of achieving its objective of promoting the health of the population and preventing disease. This change is in the spirit of 21st century health promotion.

Student Wellbeing Toolkit: Building Staff Capacity to Support the Mental Health and Wellbeing of University Students

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Keywords:

Abstract:

The mental health and wellbeing of university students is a persistent concern for universities globally. Mental health and wellbeing has an impact on student success and retention. If universities are to prioritise student mental health and wellbeing, there is a need for resources and training to enhance the ability of professional and academic staff to provide appropriate support. All staff can play a role in supporting student mental health and wellbeing, as part of a broader university strategy to maintain mentally healthy campuses. In this presentation, we will showcase a comprehensive health and wellbeing toolkit developed by a regional Australian university. We implemented the toolkit to empower staff to recognise and respond to student psychological distress and broader mental health and wellbeing challenges. The toolkit covers topics such as identifying warning signs, understanding and managing mental health conditions, and fostering inclusive learning environments. By providing a comprehensive yet easy to use resource, which may be adopted or adapted by any university, we aim to enhance staff capacity and contribute to maintaining mentally healthy campuses.

Challenges of a boss in maintaining well-being in an Emergency Department

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Keywords: burn out, emotional breakdown, improvisation

Abstract:

Leaders should feel the burden and also the possibilities of providing well-being for co-workers especially in acute care. This presentation focuses on the challenges of reaching out for colleagues in need of mental, physical and emotional support, trying to be just enough and not insufficient or too much when dealing with personal and institutional challenges and how new methods in communication may prevail in successful crisis management.

The Cambridge Collegiate System: Balancing academic progress and student wellbeing

Cecilia Brassett

University of Cambridge, England

Keywords: Collegiate system, mental wellbeing, pastoral support, dropout rates

Abstract:

This talk provides a brief overview of the collegiate nature of the University of Cambridge, with a specific focus on how this system functions in order to balance a student's academic progress and general wellbeing. While the University determines course content, organises central teaching, sets examinations and awards degrees, the Colleges are where students live, socialise, and are taught in tutorials of up to four students per group, which are known as supervisions. In addition, every student has access to a wide range of pastoral support, both at the University and College levels, where they can receive individualised care. Overall, the percentage of students who need to leave their course in Cambridge without gaining a first qualification is only 1%, which is one of the lowest dropout rates among UK universities and possibly worldwide.

International trends and domestic solutions to strengthen the attitude to wellbeing at work

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Expert in Public Health (Health Promotion), Mental health specialist, Economist, Hungary

Keywords:

Abstract:

What international research recommendations have been published in the past period. How are these results adapted in Hungarian practices? What are the problems that must be dealt with now at the individual, community and organizational level. What solutions have already been created for 2025? What can be utilized from this in an international context.

Since 2010, he has been dealing with stress management, the development of employee wellbeing programs and corporate health promotion. One of the founders of the Wellbeing Association, owner of [WELLBEING.HU](https://www.wellbeing.hu). He is constantly researching available individual and community wellbeing solutions. Currently, it provides professional support to several companies in the system-level development and implementation of the wellbeing strategy

Well-being program @Körber Hungária

Dániel Kónya

Department Leader, HR Operations, Hungary

Keywords: körber pécs well-being

Abstract:

Körber Hungária started systematically and consciously developing its employee well-being programme a few years ago. Some elements have been in place for decades, others have only recently been introduced - the concept is to expand dynamically, with regular additions to meet demand. The project is now based on a combination of community building, mental and physical health management, and tailor-made non-monetary benefits, and represents a significant added value to the company's employer brand.

The declared aim is to continuously monitor employee well-being and to make sure that employees are happy to come to work. The result is low staff attrition and the retention of experienced workforce which also means reduced recruitment and training costs as well as higher productivity.

WELL-BEING AND HEALTH

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

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Keyword: Computer Vision Syndrome, Dry Eye Disease, eye exercises, Bates-Schneider method, Kolpakov's gymnastics, 20/20/20 rule

Abstract:

With the rising prevalence of near office work, particularly in the digital era, the intersection of ocular health and mental wellbeing has garnered significant scientific interest. Prolonged screen time and sedentary work habits contribute to a range of vision-related issues and mental health challenges, necessitating a comprehensive understanding of their interplay.

Aim: This lecture aims to explore the intricate connections between ocular health and mental wellbeing, focusing on the impacts of Computer Vision Syndrome, Dry Eye Disease, depression and mental exhaustion, and the efficacy of ocular and office exercises.

Lecture: Near office work has been associated with an increase in depression and anxiety, primarily due to extended periods of screen time and reduced physical activity. Studies indicate that individuals engaging in prolonged computer use report higher instances of dry eye syndrome, which significantly impairs visual comfort and can exacerbate mental fatigue and stress. Mental exhaustion further compounds these issues, creating a feedback loop that deteriorates both ocular health and psychological wellbeing. To mitigate these effects, incorporating regular eye exercises and office exercises into daily routines has shown promising results. These ocular exercises (e.g. Ocular yoga, Bates-Schneider' exercises), similarly, office exercises (e.g. Kolpakov's and Nishi's gymnastics, 20/20/20-rule etc.) and ergonomic adjustments can reduce physical discomfort and improve overall mental health. Lifestyle modifications, including increased physical activity, balanced nutrition, and mindful breaks, play a crucial role in sustaining both ocular and mental health.

Understanding the relationship between vision and mental wellbeing is essential for developing effective interventions. By integrating eye care practices, promoting office exercises, and encouraging lifestyle changes, individuals can significantly enhance their ocular health and mental wellbeing, leading to improved quality of life. This lecture will provide evidence-based insights and practical recommendations for maintaining optimal vision and mental health amidst the challenges of modern office environments.

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

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Keywords: ketogenic diet; fad diet; types of fatty acids; caloric intake; ketone bodies; literature review; meta-analysis; confounder

Abstract:

Several meta-analyses have found a positive association between a popular type of “fad diet”, ketogenic diets, and their effect on anthropometric and blood parameters. However, the non-specific inclusion criteria for meta-analyses may lead to incorrect conclusions. The aim of this literature review is to highlight the main confounders and methodological pitfalls of meta-analyses on ketogenic diets by inspecting the presence of key inclusion criteria. The PubMed, Embase, and Web of Science databases and the Cochrane Database of Systematic Reviews were searched for meta-analyses. Most meta-analyses did not define the essential parameters of a ketogenic diet (i.e., calories, macronutrient ratio, types of fatty acids, ketone bodies, etc.) as inclusion criteria. Of the 28 included meta-analyses, few addressed collecting real, re-measured nutritional data from the ketogenic diet and control groups in parallel with the pre-designed nutritional data. Most meta-analyses reported positive results in favor of ketogenic diets, which can result in erroneous conclusions considering the numerous methodological pitfalls and confounders. Well-designed clinical trials with comparable results and their meta-analyses are needed. Until then, medical professionals should not recommend ketogenic diets as a form of weight loss when other well-known dietary options have been shown to be healthy and effective.

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

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Keywords: preterm birth, extended liminality, resilience, health care, experts of experience

Abstract:

Premature birth affects about one tenth of the families worldwide and its psychosocial consequences on the parents are still an under-researched area. While the birth of a baby is usually seen as a joyous event, premature babies' parents mourn the full-term pregnancy experience and are worried about the potential long-term consequences. They are struggling with their traumatizing experiences, as well as the practical tasks involved in this situation.

Method: An inductive thematic analysis of 20 participants' recollections; semi-structured interviews on their experiences of preterm birth, the time spent at neonatal intensive care and the potential sources of support.

Parents' experiences can best be described as entrapment in a liminal hotspot characterized by high affectivity, confusion, ambivalence and ambiguity. Main themes include unpredictability ("rollercoaster" emotions), information management needs and the quality of communication, and a narrowing circle of informal social supports. The interviews reflect several characteristics of dissociated narratives.

Studies on the unique lived experiences of preterm babies' parents can substantiate health and social service developments. If supported to cope with the traumatizing experiences and their daily challenges, the parents as volunteer mentors can directly contribute to enhancing the quality of care as high-level trauma-informed care provided at neonatal intensive units for the families, while also relieving the burdens of healthcare providers. They serve as potential role models and a source of hope for those who are in the whirlpool of the crisis experience.

The Role and Significance of Health Promotion in Workplace Welfare Systems

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Keywords: disease prevention, health promotion and development in the workplace, corporate welfare, workplace health policy

Abstract:

Among the most prevalent health issues affecting Hungary's working-age population are cardiovascular diseases, cancer, diabetes, and respiratory illnesses. Mental health conditions such as depression, anxiety disorders, and other psychological problems are also common in this demographic. Factors like stress, workplace pressure, and lifestyle choices can contribute to the development of these diseases and exacerbate health conditions.

With the retreat of state welfare systems and social functions, the role of employers, corporations, and businesses in employee well-being has become increasingly significant. Employers have a fundamental interest in retaining a healthy workforce and maintaining their employees' "workability" (UN, 2022). The hypothesis of this research is that the implementation of corporate welfare systems has a positive impact on employee health, organizational stability, and labor market sustainability.

The comprehensive goal of this cross-sectional study, planned within the doctoral program titled Health Science Interdisciplinary Studies at the Doctoral School of Health Sciences, University of Pécs, is to examine the role, goals, and methods of disease prevention, health maintenance, and health promotion in workplace welfare systems.

The research planned among Hungarian corporate enterprises will utilize various methods, including interviews, questionnaires (online surveys), analysis of best practices, and case studies. Relevant validated questionnaires will be employed, such as the 12-item version of the General Health Questionnaire (Balajti et al., 2008) and the Perceived Stress Scale (Ács, Betlehem, et al., 2021; Cohen, 1988; Stauder & Konkoly Thege, 2006). The software planned for use includes SPSS 28.0 and Microsoft Excel 2018.

The research is expected to define the welfare models applied by micro, small, medium, and large enterprises, along with identifying specific corporate welfare and health policy goals and tools associated with these models. The results of the study may contribute to the development of good practices, methods, tools, and further complex, company-specific models that can improve workforce health and well-being, enhance employee motivation and satisfaction, increase performance, and ultimately raise societal welfare.

Based on the research results, it can be concluded that there is a growing demand in Hungary for the further development of corporate welfare and health policy initiatives. The effective practical application of corporate welfare and health policy measures, based on company-size-specific models, will influence employee well-being, health, satisfaction, loyalty, and overall work performance.

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

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Keywords: well-being, health promotion, academic environment

Abstract:

YourLife program was initiated 5 years ago at the Faculty of Medicine (University of Pécs) primarily to see health as a resource and to integrate health as a principle into the Faculty's decision making processes. The intention of us was to enhance the wellbeing of students and staff by creating new prevention- and lifestyle-orientated services, workshops, campaigns and by supporting bottom-up initiatives. We serve as a „bridge” between the leadership of the Faculty and the citizens of it.

We have offered services such as physiotherapy, nutrition counseling, life coaching, smoking cessation training, while also organizing larger events like MoveYourLife Week, Mental Health Week and TasteYourLife Week. We have participated in several board meetings, and we were involved in the preparation and implementation of certain projects (like preparing the strategical concept of Well-being - part of the PotePillars).

We have seen a steady increase of participation in consultations. Feedbacks indicated the satisfaction of the participants and the positive impact on their private and work life. The program fostered collaboration between departments and became recognized as a good practice in the field of public health among Hungarian colleagues. We are being invited to more and more projects where colleagues see the importance of physical and/or mental health of students and staff.

By creating a tradition of health awareness and building strong internal and external partnerships, the program achieved its goal of supporting health and wellbeing of colleagues and students of the Faculty. However, challenges remained in terms of communication and the integration of health priorities into institutional decision-making processes. Future efforts should focus on maintaining the engagement of both staff and students.

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

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Keywords: Yoga, Polycystic Ovarian Syndrome, Antimullerin Hormone, Hormonal level, PCOS

Abstract:

Polycystic ovarian syndrome is one of the complex endocrine disorders. It is characterized by chronic hyperandrogenism and anovulation. The actual etiology of this syndrome is still unknown. It is proven that yoga is one of the best relaxation techniques with its clinical benefits.

Purpose: To examine the evidence for the effect of yoga interventions on AMH levels and testosterone in women with PCOS.

A comprehensive search strategy was built and conducted in six electronic databases, PubMed, Cochrane Trial, Embase, Web of Science, Clinical Trials, and Scopus to identify randomized controlled trials (RCTs) of women who participated in yoga intervention and also diagnosed PCOS by Rotterdam criteria. The primary outcome of the review is reproductive and metabolic measures. Quality assessment was conducted for the included studies by the Rob 2 tool.

275 citations were identified after using a comprehensive search strategy in 6 included databases. End Note was used to remove the duplicate study and after deleting duplicates 183 citations remained. 31 relevant citations remained after the title abstract screening was done by using Rayyan. 25 studies were excluded from full-text screening due to predetermined eligibility criteria resulting in the inclusion of five studies for qualitative assessment in the present analysis. Studies with yoga intervention are limited but these included studies show that yoga intervention improves androgen levels, insulin measure, and metabolic health of women with PCOS.

The current review suggests that yoga has a significant effect on the hormonal level of PCOS women. The limited available studies highlight the need for further research and a broader evidence base to substantiate these preliminary findings.

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

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Keywords: subjective well-being (SWB), happiness at work (HAW), employee engagement

Abstract:

People spend a significant portion of their lives at work, making it essential to understand how they experience their time and their subjective well-being (SWB) in the workplace. This presentation explores employee engagement as a key indicator of workplace well-being, examining how it may affect productivity, job satisfaction, and retention. The analysis is based on a literature review and showcases the results of empirical studies. The question is: What organizational practices can contribute to workplace well-being, fostering employee engagement and job satisfaction, which in turn can enhance both organizational and individual performance? Employee engagement is often considered a key measure of subjective well-being and happiness at work (HAW), which is receiving increasing attention from organizations. Employee engagement refers to employees' motivation, commitment, and sense of belonging towards their organization. It reflects how willing they are to contribute to the company's success and how closely they identify with its goals. Engagement is driven by an emotional connection to the workplace, which varies from person to person depending on what inspires their sense of purpose and motivation. High levels of engagement are a signal of strong well-being, as engaged employees tend to report lower levels of stress, greater job satisfaction, and a deeper connection to their organizational values. Disengagement can be an early sign of well-being issues, often manifesting in burnout, absenteeism, and turnover.

The Gallup engagement questionnaire (Q12) as a tool for measuring employee engagement globally is also presented, and data from the Gallup global engagement survey are analyzed so that trends in workplace well-being, motivation, and productivity across countries can be revealed. The findings highlight key drivers of engagement and its positive impact on the success of employees and the organization. Engaged employees tend to experience greater well-being, stay with the company longer, and have higher productivity.

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

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Keywords: employee satisfaction, resilience, wellbeing

Abstract:

The relationship between employee satisfaction and resilience has gained increasing attention within the framework of workplace wellbeing, which plays a critical role in modern organizational effectiveness. This research aims to explore the correlations between employee satisfaction and their resilience, particularly how these factors influence overall wellbeing in the workplace. Drawing on data from a survey of employees across various industries, this study investigates how resilience impacts job satisfaction and how, in turn, satisfaction contributes to employees' ability to cope with challenges.

The analysis highlights that employees with higher resilience levels tend to report greater satisfaction, enhanced productivity, and better mental health outcomes. Furthermore, the findings suggest that organizations fostering resilience through wellbeing initiatives can positively affect employee retention and engagement. By integrating wellbeing practices, businesses can create an environment where resilience and satisfaction mutually reinforce each other. This research contributes to the growing body of literature on workplace wellbeing, offering practical insights for organizations aiming to enhance employee experience.

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

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Keywords: museum learning; well-being; resilience; culture; community

Abstract:

The role played by museums in the promotion of well-being is becoming more and more important among the increasingly wide-ranging social roles that museums have undertaken in recent decades. In the international practice of museum education, a number of initiatives aimed at promoting well-being and resilience have appeared. Examples range from reducing loneliness and isolation to increasing self-confidence and even processing various types of traumas.

In addition to outlining international innovations related to the promotion of well-being by museums, the presentation reveals the results of an empirical comparative research conducted between October 2022 and January 2023 in Baranya County (Hungary) and Görlitz District (Saxony, Germany), in which the author examined the role of local museums in promoting resilience. The comprehensive study was carried out within the framework of the Saxon Visiting Professors Program funded by the Saxon State Ministry of Science, Culture and Tourism. The author conducted structured interviews with museum learning specialists of 13 museums/heritage sites in both investigated areas based on a stratified sampling procedure.

The presentation reveals the similarities and differences in the museums of the two investigated areas in terms of initiatives that promote well-being, as well as the museums' role in strengthening the resilience of local people. The author also compares the challenges and difficulties related to museum learning programs aimed at promoting community organization.

The research revealed the extent to which the museums of these two examined peripheral areas follow international trends in terms of innovations in the service of society, organization of the local community, and reflection on current social needs. Based on the exploration of international trends and the experience of empirical research, the author reveals some good practices of promoting well-being which could be adapted by the museums of the two investigated regions.

Wellbeing in the caring professions

Zita Dombrádi

Hungary

Keywords: inner child, emotional coping; psychological, emotional development models; coping forms-coping strategies; adaptive decision; post-traumatic growth, helping helpers; resilience

Abstract:

This study is a work in progress and its main aim to explore the practices of self-care, reflexivity and knowledge of the self in the caring professions. Students and teachers in these fields also benefit from these practices, preparing the students for their future career, and the teachers for appropriate mentorship.

The study design involves a combination of qualitative and quantitative methods to explore the above practices in the professional lives of psychologists, social workers, and counsellors. Interviews reflecting the professional's experiences, writing exercises (e.g., expressive writing), Positive Meaning Scale and Identity Structure Analysis (ISA-Ipseus) are among the planned methods.

Presumably, the resources for personal and professional development are not available – or not utilized – by all the respondents. There will be differences in the identity development of those who reflect on their own professional development and utilize the resources, leading to a more stable professional identity, resilience and personal growth, and of those who, for reasons to be identified in the study, are not involved in such practices.

This study will contribute to promoting helpers' mental health and optimizing education and supervision for the professionals working in the caring professions. Explorations in helpers' resiliency and resources will contribute to establishing or adapting resilience trainings and optimizing mentoring and supervision. The study contributes to preventing dropout in the helping field and to social and health services development.

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

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Keywords: indoor environment quality; multidisciplinary approach; workplace health and wellbeing

Abstract:

The indoor environment significantly impacts the comfort, wellbeing, health, and performance of office employees, as confirmed by numerous studies. Our research program aimed to develop a solution to help office workers reduce the adverse effects of comfort parameters in their work environment. We hypothesized that office workers have different subjective comfort demands and that there are identifiable differences in indoor comfort parameters between different parts of the office space. To address this, we developed a comfort map to assist those working in shared office spaces, allowing each individual to use a workstation with comfort parameters that support their health and wellbeing.

We collected questionnaire data from 216 employees of a shared office in a Budapest office building to assess their subjective demands regarding comfort parameters. Additionally, specific measurements were taken to identify the indoor comfort parameters, including visual, acoustic, thermal comfort and air quality.

According to the findings, 45.8% of the individuals surveyed believed that certain comfort factors could adversely affect their health despite the office space's measured comfort parameters meeting the necessary specifications.

Based on the results of our data analyses, we developed a comfort map to improve employees' general comfort at work. Improving comfort can increase work efficiency and contribute to protecting employees' mental and physical health. Currently, we are validating the comfort map for potential application in office spaces.

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

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Keywords:

Abstract:

Modern pharmacy education must prepare professionals for a constantly changing healthcare environment, requiring flexible adaptation from higher education institutions. This study aimed to explore curriculum development opportunities in pharmacy education by integrating pedagogical theories into teaching practice. Teaching proficiency ultimately enhances learning outcomes and student and educator well-being.

A scoping review was conducted using online databases. Inclusion criteria focused on faculty-level development targeting teaching staff and integrating pedagogical tools or approaches. The search yielded 231 records, of which 34 manuscripts were eligible for full-text analysis, and 7 articles were included in the final evaluation.

The review identified several key areas for curriculum development. A cultural shift towards peer support and interpersonal collaboration was deemed essential, emphasizing the importance of educator wellbeing through collaborative practices. Competency-oriented curriculum reform emerged as a crucial element, with a focus on developing students' problem-solving skills and resilience. Collaboration with educational experts was highlighted to ensure relevant learning outcomes and support student and educator growth. Effective information flow between all stakeholders was identified as critical for curriculum effectiveness and student satisfaction. Factors influencing educator commitment were found to play a significant role in impacting program efficiency and overall well-being. The study emphasized the need for evidence-based adult education pedagogy adapted to individual teaching environments, promoting a supportive learning atmosphere. Recognition and development of the informal (hidden) curriculum were also highlighted as important aspects affecting student and educator experiences.

The study underscores the importance of integrating pedagogical theories into pharmacy education while prioritizing learning outcomes and the well-being of students and educators. Core recommendations include implementing competency-based curriculum audits, involving educational experts, establishing transparent development structures, and providing personalized educator support. Reflecting on pedagogical knowledge and recognizing the hidden curriculum help adapt theory into practice and foster a positive learning environment.

MENTAL WELL-BEING

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

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Keywords: Mental Health, Neurodiversity, Loneliness, Emotional Support, Psychological Interventions

Abstract:

During the presentation, we will share our experiences in providing psychological support to university students. What challenges do they face? What strategies and interventions do we use, and which of them have we found to be the most effective so far? What obstacles do we encounter? We aim to foster a dialogue to explore together how to enhance well-being at universities during these challenging times.

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

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Keywords: art therapy, mental health, stress, balance

Abstract:

Art therapy is a mental health and therapeutic technique that uses creative processes to help people express themselves. It's based on the belief that creative self-expression can foster healing, personal development, and emotional well-being.

Our major focus was on helping university employees and student to cope with daily stress, extremely high expectations and self-criticism, and generally finding balance for a better quality of life. In the course of regular workshops various art therapeutic techniques were offered for the participants, including drawing, painting, sand-tray, phototherapy and collage.

Based on our observations and feedback, the best effect could be reached in small groups, not more than five participants. Long-term programs were suitable for employees, while students preferred individual workshops. Practices providing the most intensive and unusual experience lead to better feedback thus giving us a hint on how to further develop similar courses.

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

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Keywords: psychological counselling, higher education, student well-being, knowledge transfer

Abstract:

The Hungarian Association for Counselling in Higher Education (FETA) was founded in 1995. to collect and distribute available knowledge in the field of counselling psychology in higher education and create a network of psychologists, mental health and other support specialists to improve the quality and visibility of student support services.

In the current presentation we intend to introduce the main facets of the association's work. The primary goal of FETA is to enable and enhance knowledge transfer and sharing good practices in promoting well-being in higher education through regular workshops and webinars. A good practice to integrate and transmit the results of these forums will be demonstrated in the form of a handbook for crisis management on an institutional level. Moreover, results from a nationwide research on mental health of Hungarian and international students in higher education will be presented focusing on the recommendations proposed by the association's research group towards the leadership of higher education facilities emphasizing the paramount importance of continuously developing and providing resources for student support services at universities. At the end of the presentation a call for a potential Visegrad Fund cooperation will be proposed which aims to promote resilience in student communities in higher education.

Wellness in Academia: Insights from a Workshop on Academic Burnout

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Keywords: Learning burnout, student burnout, chronic stress, mental health

Abstract:

Burnout is a psychological condition that results from chronic emotional and interpersonal stressors, often leading to emotional exhaustion, depersonalization, and reduced personal accomplishment. Although traditionally studied in occupational settings, burnout is gaining attention among students and researchers. This report describes a workshop conducted on academic burnout among PhD and DLA candidates. The workshop was organized by the Mental Health Working Group of DOSZ (Association of Hungarian PhD and DLA Candidates).

The workshop employed strategies such as brainstorming on academic burnout and chronic stress, exploring its causes, and identifying initial steps to manage it. Participants openly shared their experiences and discussed strategies for detaching from stress. The session ended with discussions on recovery from burnout and included a relaxation period.

Participants provided positive feedback, indicating the workshop was effective in promoting knowledge, fostering critical thinking, and facilitating group discussion. Many reported that the brainstorming sessions helped them better understand burnout and recognize stressors like publication pressure, supervisor expectations, and personal-academic balance. The open sharing of experiences was highly valued, fostering a sense of community among participants. The collaborative discussions on stress management strategies, such as time management, setting boundaries, and self-care, were seen as particularly beneficial, offering practical solutions for participants to apply.

This report aims to expand the dialogue around academic burnout among doctoral candidates. The workshop empowered participants by providing tools to recognize and manage burnout, fostering self-care through shared experiences and strategies. It is hoped that these efforts will help prevent the onset or progression of burnout among PhD and DLA candidates.

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

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ComeandGrow Consulting, Hungary

Keywords: neurodiversity, mental health and well-being, leadership and organization development, diversity and inclusion, awareness raising, employee accommodation

Abstract:

Neurodiversity, recognizing and valuing the range of neurological differences among individuals, is becoming an essential focus in workplace inclusivity. The presentation explores the intersection of neurodiversity and mental health, emphasizing the impact of inclusive work environments on the well-being of neuroatypical employees. With approximately 15-20% of the global population being neurodivergent—including conditions such as autism, ADHD, dyslexia, and others—there is a growing need for organizations to adapt their practices to support this demographic.

The connection between neurodiversity and mental health is profound, as neurodivergent individuals often face unique challenges that can influence their well-being, particularly in traditional work environments. The lack of understanding and appropriate accommodations can lead to increased stress, anxiety, and depression, thereby impacting job satisfaction and overall mental health.

My research examines various tools and strategies that organizations can implement to create a more inclusive and supportive workplace. The findings suggest that when organizations proactively share information and raise awareness about the topic, also proactively trying to accommodate neuroatypical employees, there is a notable improvement in their mental health and well-being. Moreover, fostering an inclusive environment not only benefits neurodivergent individuals but also enhances overall organizational effectiveness by leveraging diverse perspectives and problem-solving approaches.

General stress management

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Keywords: stress management, coping, resilience

Abstract:

Stress is a state of worry or mental tension caused by a difficult situation. It is a non-specific response that varies in the degree of response and it can be perceived as positive (eustress) or negative (distress). Stress can be caused by crises or catastrophes, major life events, microstressors or ambient stressors. There are variety of responses to stress that include adaptation, psychological coping, anxiety or depression. Coping is defined as the thoughts and behaviors mobilized to manage internal and external stressful situations. This term is used distinctively for conscious and voluntary mobilization of acts, different from 'defense mechanisms' that are subconscious or unconscious adaptive responses. Coping styles are a set of relatively stable traits that determine the individual's behavior in response to stress. They are consistent over time and across situations. People differ in particular styles of coping or prefer to use certain coping strategies over others. These differences usually reflect the differences in personality. Coping strategies can be divided to problem-focused (modifies the way person think) and emotion-focused (managing the emotions that accompany the perception of stress). All of these strategies can be useful, but the benefit of problem-focused coping mechanisms is that they can allow an individual greater control over the problem. Also the rigidity in coping is less likely to help than is flexibility in coping. Effective coping strategies lead to health and well-being, whereas ineffective coping strategies lead to development of stress syndromes. The ability to tolerate frustration and discomfort is central to stress management and it is closely related to psychological resilience. A number of self-help approaches to stress-prevention and resilience-building have been developed. Our intention is to describe and discuss some of the stress management techniques, which can include social activity, physical exercise, time management, lifestyle, artistic expression, humour, relaxation techniques and more.

Counselling Service for Medical Students; Mission, Experience, Vision

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Keywords: medicine, international undergraduate programme, cultural diversity, counselling

Abstract:

The presentation will introduce the University Counselling Service (UCS) at the Faculty of Medicine in Hradec Králové, Charles University Prague. First, a brief history of the UCS at the Faculty of Medicine in Hradec Králové will be described. Second, the experience with providing the counselling service so far will be reflected on. Third, the most frequent problems presented by international students, who seek counselling consultation, will be overviewed. At last, few ideas about supporting well-being of medical students and further development of the counselling service will be shared.

PTE Science and Innovation Park

Dalma Lovig, Sarolta Jurdik, Ágnes Borsos, Gabriella Medvegy.

Keywords: innovation, interaction, interior design, workspaces, existing building, design methodology, mental well-being

Abstract:

In the design of the PTE Science and Innovation Park, the primary focus has been on promoting interaction and well-being from the initial design phase through to the continued use of the spaces created. The task was to create innovative workspaces for ten different working groups in two existing buildings.

The conceptualisation phase of the project started with a graphic information collecting and summarising phase to bridge communication gaps and create a smooth collaboration between the different parties involved: architect, client, users and professions. At different stages of the design process, non-traditional visual communication tools were used, resulting in an info-graphic methodology. The functional relationships of the spaces to be designed were first drawn up without taking into account the limits of the physical space, by understanding the needs of the users and adding professional knowledge. In later phases, information graphics were created using existing spaces to facilitate dialogue.

The interior design then focused on promoting interaction and creating the conditions for it in the various community zones. By using spaces, spatial needs and mobilities that promote collaboration, mental well-being, working together and interaction.

The design methodology presented can be used to support architectural projects where the primary goal is to promote innovation through interaction.

The result is a building complex that provides an ideal backdrop for research, knowledge exchange, innovation and a healthy working environment on campus.

Adaptable architecture and well-being

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Keywords: Architecture, Well-being, adaptability, sustainability, design

Abstract:

Architecture significantly influences human well-being by addressing physical, mental, and emotional aspects. The built environment's impact on human health is undeniable, as well-designed spaces can enhance quality of life, foster community connections, and support mental health. Key factors such as natural light, ventilation, acoustics, spatial layout, and access to green spaces play a vital role in creating environments that promote comfort, relaxation, and productivity.

To support human well-being, buildings must be designed to adapt to constantly evolving social demands. Adaptability in architecture is essential to allow buildings to adjust to contemporary demands, such as new functional requirements, the integration of technological advancements, and the development and use of sustainable structures. Therefore, it is necessary to create building structures capable of accommodating change without predetermining or restricting their use, ensuring they remain responsive to emerging challenges.

This study explores various methods and design principles that architects, urban planners, and designers can employ to emphasize well-being in architecture. It examines prominent and characteristic methods and innovations at the interior, building, and urban scales to demonstrate how thoughtful architecture can positively influence well-being.

In conclusion, by prioritizing well-being, architecture can play a transformative role in shaping healthier, happier, and more resilient communities, ultimately enhancing the overall quality of life. It is imperative for architects to design environments that are not only visually appealing but also conducive to holistic health while also maintaining the capacity to accommodate the evolving challenges and demands of its context effectively.

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

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Keywords: Virtual Reality, Human-centered Design, Interior Design

Abstract:

The built environment significantly influences human well-being, with interior spaces affecting not only their functionality but also psychological comfort and overall quality of life. Designing such spaces requires a deep understanding of user needs, informing critical interior architecture decisions. This study focuses on integrating virtual reality (VR) technology into the interior design process to assess conceptual choices and their impact on well-being.

The case study revolves around a building renovation project at the Faculty of Engineering and Information Technology at the University of Pécs. Following the creation of a design program centered on the functionality of the interior spaces, a proposal for enhancing well-being through interior design was developed. This research builds upon previous work presented at the "Places and Technologies" conference on human-centered design technologies supported by VR, aiming to explore further the improvement of spaces on users' psychological and emotional well-being.

This study evaluated and compared the existing spaces with the proposed interior design through virtual simulations. Participants rated the environments using the Environmental Differential Scale, providing insights into their experiences of the spaces. This approach aims to deepen our understanding of how people interact with interior environments, guiding more effective design decisions. By incorporating virtual reality, this research aims to contribute to human-centered interior design practices that consider the emotional and mental health impacts of spaces on users.

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

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Keywords: functionalism, aesthetic quality, corporate well-being, resilience

Abstract:

The change in workplace conditions that arose during the defense against the Covid-19 virus had a significant influence on work motivations, the development of work performance, work forms, and changes in solutions.

The purpose of my research is to examine the functionalism of art and design, its impact on workplace well-being and health behavior among social enterprises operating in Hungary. According to my hypothesis, the aesthetic quality of the workplace conditions, the change of the internal environmental factors influencing the work through visuality has a positive effect on the work motivations, satisfaction and achievements of the workers, as well as on the well-being and health of the workers. In the course of the investigation, I map and identify the built internal environmental conditions, characteristics, the factors that display the aesthetic quality represented by the placed works of art, which influence work efficiency, employee satisfaction, workplace well-being and, related to this, the physical and mental health of employees. I will examine what effects the mentioned factors have on the mentioned areas, through them on the physical and mental health and well-being of the workers, and on the improvement of resilience and stress tolerance.

Methodology: During my cross-sectional research, I intend to use mixed research methodology, interview technique (semi-structured interviews), online questionnaire survey, statistical data collection and processing, and analysis of good practices. Employer organizations operating in Hungary, primarily social enterprises (regardless of sector and size), are included in the research sample by random selection.

Through the research results, I would like to contribute to the verification of my hypothesis, according to which a workplace environment with an appropriate aesthetic quality increases work motivations, increases satisfaction and performance, and can significantly contribute to the preservation of the mental and physical health of employees and to the enhancement of well-being. All of this has a favorable effect on the reduction of work efficiency problems, the retention of employees, i.e. the reduction of turnover, and the management of labor shortages.

Enhancing the aesthetic quality of the work environment and including art in the workplace conditions can reduce stress, make the workplace community more creative and open, with the verification of which the system of tools used to increase workplace well-being and employee health can be further expanded. In addition to the organizational level, positive effects can also be expected at the social level, since the spread of good practices related to the improvement of the health and well-being of employees in the workplace through example-following and education can also have a positive effect on the employees' family environment.

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

Kia Goolesorkhi

Keywords: Sustainable Global Health Workforce Governance, The Integration of Innovation Platforms in Sustainability for Wellbeing Governance

Abstract:

The growing significance of the occupational well-being of medical workers due to the re-emergence of Global conflicts war and post-war situations, climate change and environmental hazards, epidemics, brain drain and migration have been advocated and underlined by WHO, ILO, IOM, UN's Sustainable Solutions Network. Attention has been called on the importance of multi-level stakeholder governance and the need for platforms. Yet, the domain has still been suffering from consensus for the design and implementation of such platforms.

Investigating and providing a response model to the call for advancing existing models in Global Sustainable Healthcare Governance with a focus on enhancing health workers' occupational well-being through a co-creative and multi-stakeholder process. The background was an initiative under the First European American Migration Health Platform (FEAMHP) followed by a 4-country project under the ROMOMATTER. Mattering for community health.

For testing the nuances under the TIIPS4Wellbeing Governance Foundation a qualitative research method (Appreciative Inquiry) was adopted for conducting a comparative analysis of 4 dominant models in order to audit and document outcomes of stakeholder engagement governance addressing the foundation of knowledge-based Communities of Practice (spatially and locally oriented including living labs with the collaboration of the Quintuple Helix partners) vs. platform based or virtual communities

Workload has increased 3-5-fold in fields such as anaesthesiology and nursing at the Hungarian level, "Sustainable Clinical Governance" has not been adopted. In this line labour unions within the healthcare system do not enjoy the necessary voice.

The investigation validated Appreciative Inquiry as a model for building engaged and trusted networks for reducing workload and shifting towards positive attitude under TIIPS4Wellbeing Governance

TIIPS4Wellbeing Governance Platform provides potential co-creation gravity as a continued collaboration venue for stakeholder engagement towards the medical sector's wellbeing goals at the regional and global levels.

WELL-BEING AND EDUCATION

Can Work Intensification Be Considered an Emerging Risk among Teachers?

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Canterbury Christ Church University

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Keywords: work intensification; horizon scanning; teachers' well-being; contemporary issue; drivers of risk

Abstract:

The changing landscape of work is shaped by social, technological, economic, environmental, political, and legal changes. Work intensification (WI) has been a long-standing concern for researchers and policymakers due to its adverse impact on the health and well-being (HWB) of workers, supported by evidence across industries, occupations, and countries. The multi-faceted nature of WI affects numerous professionals in both public and private sectors. The complexity of work effort is prevalent in the educational context, particularly among teachers, making teaching a highly stressful profession.

Findings on WI are controversial. An issue-centred horizon scanning was conducted to identify and synthesize evidence to deepen the understanding of WI among teachers across different time scales.

The scanning identified substantial evidence of the current risk of WI among teachers. Key drivers of WI, such as technological change, upskilling needs, and organizational change, were discussed in light of forces affecting its future development or decline. Computer use and ICT pose medium-term risks but are expected to have less impact in the long term due to changing forces.

The extent of WI varies based on contextual factors; further research is needed as its extent cannot be accurately estimated due to methodological and measurement challenges. Key drivers of change are centred around technology, which has the highest transformative impact on teachers' work. While global impacts can be forecasted based on current evidence in the medium term, in the longer term, benefits in countries with higher technology adoption levels may outweigh disruptive impacts, potentially reducing work demands on teachers.

The Career Office's contribution to student well-being

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Keywords: Career Office, guidance, individual counselling, workshops, lectures, knowledge

Abstract:

The Career Office aims to contribute to the well-being of PTE students through a wide range of services. In particular, it not only provides opportunities for university students, but also aims to help high school students with their career choices. In this way, it plays a significant role in school enrolment, both through the promotion of PTE and through its free programmes for secondary school students (e.g. self-awareness and career guidance workshops). It also grabs the hands of new university students right away: it tries to socialise them for university life and give them useful information, while also providing a fun group experience. During the university years, in addition to the individual counselling (e.g. graphology, coaching), it regularly offers trainings and workshops (e.g. communication development, stress management) and lectures (e.g. presentation techniques). It helps students approaching the end of their studies to navigate through the challenges of finding a job. It provides job and internship opportunities and helps you to get to grips with CV writing. Overall, the Career Office aims to capture the interest of high school students, help them choose a career while guiding them towards PTE, and then accompany them through their university years, equipping them with a wide range of useful knowledge about the challenges of everyday life.

From personal growth to community impact: Empowering lives through education

Dóra Ariyo-Kiss

Keywords:

Abstract:

Working as an entrepreneur, teaching English and Spanish, particularly to adults, has given me the opportunity to observe a lack of confidence, burnout, and a lower quality of life among the people I work with, despite their determination and success in their professional lives. I have daily contact with various professionals, including surgeons, general practitioners, psychologists and physiotherapists, as well as individuals from other sections: the police and fire department, etc. I have always been passionate about gaining knowledge related to well-being. I completed Yale University's „Science of Well-being“ course through Coursera. I have personal experiences as an entrepreneur who overcame bullying and low self-esteem with the power of realizing the importance of joy in my everyday life. As a single mother, I embarked on a six-month journey across Europe with my daughter. This experience taught us a great deal about ourselves and reinforced the fact that „investing in experiences makes us happier than investing in stuff.“ After that journey I decided to start an association. I am currently working on it as the president of newly established EmpowHer, alongside nine wonderful women. Our primary goal is to provide educational and psychological presentations in topics such as blended families, personal growth and acceptance, as well as workshops related to healthy lifestyle, including breathing techniques, retreat camps. We offer programs that foster a sense of belonging and community, motivating people to live, engage in adventures, travel, do sports, add self-development into their daily routines. I always encourage my students to pursue their dreams, integrate things into their lives that make them happy. The sense of pride and the surge of energy that comes from achieving something we once thought impossible is incredibly rewarding. Because avoiding burnout can start with such a small thing as having your favourite coffee in the nature.

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

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Keywords: peer-to-peer, debate, bioethics, well-being, student-led

Abstract:

The Debate Club at UPMS was established in 2023, aiming to foster critical thinking, public speaking, and analytical skills among medical students in a supportive and intellectually stimulating environment. Recognizing the importance of communication and debate in the medical profession, we provide a platform for students to engage in structured discussions on healthcare-related topics, such as abortion, legalization of specific drugs and policy, while simultaneously addressing well-being aspects such as mental resilience and peer support. This presentation outlines the structure and impact of debating on students' mental well-being and professional development.

The Debate Club meets every two weeks for formal sessions, where members are introduced to British Parliamentary (BP) debating techniques and other public speaking methods. Topics of discussion are healthcare-related, selected to enhance medical students' understanding of complex issues while honing their discussion skills. In alternating weeks, informal debating sessions are held to promote a relaxed and collaborative environment. Additionally, members prepare for national and international debate competitions, providing opportunities for skill application and growth.

Preliminary feedback from participants suggests that the Debate Club has significantly enhanced their ability to communicate effectively and think critically under pressure. Regular engagement in structured debates has led to improved mental agility, greater confidence in public speaking, and a deeper understanding of contentious healthcare issues. The informal sessions, focusing on peer support, have helped foster stronger interpersonal connections and reduced feelings of isolation and burnout among participants.

The POTE Debate Club has demonstrated its potential as a tool for enhancing students' well-being, mental health, and professional skills. Through formal and informal debate sessions, students not only improve their debating techniques but also develop resilience, empathy, and a supportive peer network, contributing to their overall well-being and future professional success.

SPARK – a resilience-enhancing model for well-being

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Keywords: resilience, coaching, well-being

Abstract:

Resilience in the workplace, or the capacity to withstand and recover from stressors, is crucial for maintaining well-being across various professional and public sectors. The SPARK model—comprising Situation, Perception, Affect, Reaction, and Knowledge—offers a comprehensive framework for enhancing resilience and overall well-being. This presentation aims to give insight how the SPARK model works, what does it mean at all and how can it be effectively applied in both individual and group coaching settings to support the well-being and resilience of professionals across diverse fields.

Explaining the SPARK resilience model and its individual, group, and team focused use the process become visible how and with which methods it can support fighting with every day and unexpected challenges.

The application of SPARK increases consciousness, taking responsibility, the framework of responsibility, coping strategy effectiveness, and individual and/or team operation. It has a positive effect on general well-being, decreases burnout, anxiety etc.

Conclusion: The complex approach of resilience represented by SPARK model makes it possible to use it in different sectors with customised changes in order to make it easier to cope with changes, challenges etc.

Challenges in building a brand strategy for a well-being program in a university environment

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Keywords: well-being program at the UPMS, brand building, communications strategy, target groups, challenges

Abstract:

Implementing a wellbeing programme in a university environment is key to improving students' and staff's mental and physical health, academic and work performance, sense of community and overall satisfaction. These programmes support the individual development of students and staff and contribute to a healthier, more supportive, and productive university environment.

The strategic objectives of our Faculty are summarised in the PotePillars programme, one of the pillars of which is the concept of wellbeing. In 2018, the conscious construction of the Yourlife@ÁOK programme began as part of the well-being strategy. The purpose of this poster is to present the marketing steps and challenges we faced during the construction and operation of the programme.

Some of these challenges are:

Define and reach target groups:

Different groups of students, academic staff, clinicians and administrators have different needs and preferences. Developing a single brand strategy that is attractive and relevant to all audiences is a major challenge.

Competition for attention:

There are many other programmes, events and services at our university that compete for the attention and participation of students and staff.

Credibility of programmes:

Students and colleagues need to trust that the programmes offered by Yourlife are genuinely useful, authentic, and based on their real needs. This is critical, for example, in mental health support services where trust is key.

Adapting to the changing higher education environment:

Due to the dynamics of student and staff life, needs are constantly changing: study and examination periods alternate with breaks, which pose different challenges in terms of promoting the wellbeing programme.

Coordination of digital and physical presence: Students and staff encounter programmes in both digital and physical spaces, so their coordination and consistent messaging is important to the success of the brand strategy.

Overall, building a brand strategy means creating a comprehensive, attractive and effective brand message that can reach and engage different audiences within the university.

How can a worker with autism perform well in the health or public sector?

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Keywords: autism spectrum disorders, work, wellbeing, practice, collaborate

Abstract:

For people with autism spectrum disorders, entering the world of work can present many challenges. The atypical nature of social interactions and the person's behavioural manifestations may discourage employers from hiring an autistic worker. The employment rate in the affected population is low, even though they may be more productive in work activities that match the individual's abilities. However, to create the conditions, a properly designed inclusive work environment is needed. Low monthly incomes and stigmatization, as well as poor quality of life, can be the cause of numerous grievances and can lead to further isolation. We looked at the websites and publications of 7 national and international professional organizations working for equal opportunities. Bizarre behaviour can also affect the day-to-day activities and well-being of the working community. To facilitate a successful transition to the labour market, it is, therefore, necessary to turn to good practices to ensure that everyday life does not prove stressful and conflict-filled for any member of the work community. Emphasis should be placed on a better understanding of autism and mutual acceptance of each other, which can increase self-efficacy and competence. If a person with autism does not receive adequate support, navigating complex institutional systems will be hindered. Workplace accessibility, relationships, and communication patterns, roles need to be coordinated, sensory needs need to be addressed and mental health needs to be emphasized. It is also important to assess colleagues' knowledge and beliefs about autism and to examine the family relationships and role in the communities of the person concerned.

Nurturing Exceptional Talent: The Romhányi György College for Advanced Studies Enhancing Development in Gifted Medical Students

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Keywords: gifted education, research funding, professional growth, international exchange, academic development

Abstract:

Gifted education programs play a key role in accelerating the professional growth of exceptional students, helping them transition smoothly into the academic and scientific fields. To support this, the Romhányi György College for Advanced Studies (RCAS) was established with support from the University of Pécs Medical School (UPMS) leadership, aiming to foster the development of gifted medical students. This initiative also seeks to provide a viable funding strategy within UPMS to support their education.

Summary of Work: Founded in 2016 at UPMS, RCAS identifies and nurtures outstanding medical students, offering a comprehensive educational experience. The college provides theoretical and practical medical courses, as well as financial support for conferences, clinical electives, research fellowship programs, and research projects. Sustained funding is ensured through monthly stipends and an internal grant application system.

Currently, 33 students actively participate in RCAS, engaging in both research and education as near-peer teachers. In the last academic year, RCAS organized 13 courses, encompassing practical sessions, language courses, and publication support. Fifteen students received funding to present their research at domestic and international scientific congresses. Moreover, two students undertook clinical electives in the United States, Japan, and Portugal each, one student participated in a clerkship in Spain, and three scholarships were awarded for German Exchange Programs.

Extending funding opportunities in research, education, and internationalization through exchange programs and language learning is pivotal for fostering future academic and research capacities. Gifted education programs, exemplified by RCAS, serve as an effective avenue for Medical Schools to graduate highly qualified, value-oriented, and responsible medical professionals.

Take Home Message: The Romhányi György College for Advanced Studies is a promising model, emphasizing the significance of supporting gifted medical students through tailored education and funding strategies, contributing to the development of socially responsible and highly qualified medical professionals.

This work was supported by the Medical School , University of Pécs, Hungary.

Student Support Centre, ELTE Faculty of Informatics

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Keywords: student success, mentorship programme, soft skill

Abstract:

The Student Support Centre (DTK) of the ELTE Faculty of Computer Science has been supporting students' mental health and soft skills development for 10 years. The organisation is made up of faculty members and psychologists. DTK psychologists provide individual psychological counselling, trainings and workshops for students, and organise a mentoring programme with faculty members from DTK, involving faculty and senior students in a compulsory course, to support the integration of first-year students and their successful progress at university. This course will also include soft skill development training.

DTK also monitors student progress using statistical methods and conducts research on the relationship between different psychological constructs and student success.

Mental well-being of students at University of Pécs Medical School

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¹ Department of Behaviour Sciences, Medical School, University of Pécs, Hungary

Keywords: medical students, mental health, focus group interviews

Abstract:

The mental health of students is important, since their well-being is directly affected by education, and their results and successes reflect the unity and system of the entire institution. In this context, the aim of our research is to examine their mental well-being and to understand and explore the casual factors.

On the 23rd of April, 2024. at 12.00 and 14.00, two focus group discussions were organised with students of UPMS with status as active students. The participants applied voluntarily, indicating their names, EHA/NEPTUN codes and their years of education. The first group consisted of 9 people (male: female ratio of 1:8), there were 6 medical students, of which 4 third-year, 2 fourth-year, a sixth-year, a second-year pharmacy and a first-year biotechnology student. The 14.00 o'clock group consisted of 12 people (male: female ratio of 0:12). The number of medical students was 10, including 3 third-year, a fourth-year, 5 fifth-year, a sixth-year student and 2 second-year dental students. We asked both focus groups in the same order, with 90 minutes available to formulate their answers.

The two target groups classified both their own and the other students' mental health as „poor”. For the first group physical health, and for the second appropriate leaning methods help them maintain their mental well-being. Both groups use maladaptive coping strategies in their daily lives. The greatest interference of stress-free learning is caused by external factors (such as study load and time pressure in the first group, the lack of support from university in the second group.) Social support helps students mostly in their studies. In case of the first group, the burden of learning whilst in the second one lack of support from the University, has a negative effect on their mental health.

Conclusion: The results of the research not only contribute to the understanding of the mental well-being of the target groups, but also inspire intervention and prevention options to support well-being.

Sleep hygiene behaviours, social jetlag, and subjective sleep quality among Hungarian adolescents

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Keywords: sleep hygiene, subjective sleep quality, social jetlag, insomnia; smart device use; adolescents

Abstract:

Poor sleep quality is an increasing problem among adolescents. We aimed to evaluate sleep hygiene behaviours, social jetlag, insomnia, and their influencing factors among adolescents. We would like to develop a sleep hygiene program for schoolchildren.

We conducted a cross-sectional, quantitative, descriptive questionnaire survey among students aged 10-19 (n = 709) in Hungary. Athens Insomnia Scale (AIS), a self-edited questionnaire, and a scale of sleep hygiene rules were applied to test the subjective sleep quality. We calculated body mass index (BMI), social jetlag (SJL), and chronotype.

The mean AIS score was 5.67 (± 4.0), and 17% of adolescents were considered insomniacs. Their mean sleep time was 7 hours 51 minutes ($\pm 1:16$) on weekdays. The mean SJL was 2 hours 10 minutes ($\pm 1:05$). Participants were divided into three groups: 8.5% no SJL, 40.4 % mild SJL, and 51% severe SJL. Some factors associated with decreased subjective sleep quality: older age ($p < 0.001$), female gender ($p < 0.001$), poor school performance ($p < 0.001$), higher BMI ($p = 0.002$), unhealthy diet ($p < 0.001$), stress ($p < 0.001$), higher SJL ($p < 0.001$), smart device use before asleep ($p = 0.04$). Adolescents with severe SJL have a higher BMI ($p = 0.002$), worse school performance ($p = 0.003$), shorter sleep duration ($p < 0.001$), and worse subjective sleep quality ($p = 0.003$).

Severe SJL is associated with a higher BMI, and worse sleep quality. A healthy lifestyle and adherence to sleep hygiene rules have a positive effect on the quality and duration of sleep.

Neuroarchitectural design of a healing environment: optimizing patient recovery through spatial and sensory integration

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Keywords: neuroscience, architecture, neuroarchitecture, healing environments

Abstract:

This study delves into the application of neuroarchitecture—a field that bridges neuroscience and architecture—in the design of healing environments aimed at optimizing patient recovery. Healthcare settings significantly influence patient well-being, both physically and psychologically. The integration of spatial and sensory design elements into these environments plays a pivotal role in promoting healing. This research assesses the impact of key neuroarchitectural components, such as lighting, acoustics, materials, and spatial configurations, on patient outcomes. By applying insights from neuroscience, we aim to understand how these environmental factors stimulate positive neurobiological responses, such as reducing stress and anxiety, enhancing sleep quality, and promoting relaxation.

The research further explores how features such as biophilic design, views of nature, and patient control over their immediate environment can improve the overall healthcare experience. The study employs a mixed-methods approach, including surveys, case studies, and interviews with healthcare professionals and architects, to gather data on patient satisfaction, recovery rates, and overall well-being. Preliminary findings indicate that healthcare spaces designed with neuroarchitectural principles can lead to shorter hospital stays, reduced readmission rates, and higher levels of patient satisfaction.

How can we implement essential oils in our everyday life? – Well-being room at the Department of Pharmacognosy, University of Pécs

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Keywords: well-being, anxiety, essential oil, aromatherapy, inhalation, diffuser

Abstract:

Essential oils can be extracted from different parts of plants (e.g. leaf, flower, seeds, fruits, roots, etc.). They have diverse application fields from food industry to clinical aromatherapy. There are several interesting publications about biological activities of essential oils. Among them, we can find antimicrobial (antibacterial, antifungal, antiviral), anti-inflammatory, sedative, expectorant, etc. oils. A lot of essential oils can be used for aromatherapy goals via inhalation, massage, bath, compress. After reading scientific manuscripts, we can conclude that aromatherapy with different essential oils could alleviate anxiety significantly and independently to the cause of the anxiety. However, the proper dosage of essential oils needs further research [1]. A systematic review described the beneficial effect of essential oil inhalation as a complementary treatment for stress and anxiety in a clinical setting [2]. Based on literature data and our personal experience, we had an idea how essential oils (mainly sedative oils) can be implemented into our everyday life at our Department.

In our well-being room we purchased two types of diffuser equipment (dry and water type). Our essential oils are used via inhalation. We have also developed own mixtures of essential oils based on our laboratory research. The well-being room can be used by our colleagues freely.

Our colleagues mainly used sedative essential oils. During wintertime or prevent infections the mixture of essential oils with air disinfectant effect was the most popular. Colleagues found our well-being room as useful tool to maintain their mental and general health.

Essential oils with their sedative effect can support our mental health at our workplace. A separated well-being room suitable for aromatherapy is useful tool to maintain our mental and general health in a workplace environment.

ACKNOWLEDGMENTS

I am highly grateful to my colleagues, who supported my idea about performing a well-being room.

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Stress on display: measuring the human stress response

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Keywords: Stress response, biomarkers, emerging technologies

Abstract:

In the context of mental well-being, stress can be defined as a state of disharmony, mobilizing an individual's effort to cope with challenges. The body's stress response thus aims to maintain physiological and psychological balance. This poster examines the mechanisms of human stress response, particularly in case of its maladaptive prolonged activation, and explores methods of quantifying it in the context of well-being research initiatives.

First, an overview of the human stress response is presented, distinguishing its adaptive and maladaptive components. Acute manageable stress (eustress) allows for beneficial physiological and behavioural adjustments promoting resilience. However, chronic and overwhelming stress leads to maladaptation and contributes to significant health risks. The stress response can be categorized into behavioural, vegetative, and metabolic adaptations. Behavioural changes include heightened arousal, anxiety, and sleep alteration, while vegetative responses affect digestive, sexual and cardiovascular function. Metabolic adaptations are characterized by alterations in energy regulation, tissue growth and immune function.

Next, key biomarkers of stress are discussed. Cortisol, a principal hormonal mediator of the stress response, is highlighted as a robust biochemical marker. Various methods of cortisol measurement and their comparative merits are explored. Neurophysiological function may be evaluated by analysis of autonomic nervous system function. Relevant vegetative parameters such as heart rate variability, galvanic skin response and pupillary response are thus introduced. Behavioural alterations such as cognitive performance, reward sensitivity and dietary preference changes are also described.

Finally, attention is drawn to emerging technologies that facilitate stress assessment and mental well-being interventions. Wearable devices and psychological monitoring software offer accessible and cost-effective tools for both researchers and individuals. The integration of physiological and psychological assessments through these technologies provides a comprehensive and scalable approach to understanding and managing stress in daily life.

Nature connection as a promoter of well-being – a win-win-win situation

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Keywords: nature connection, participatory walk, ecopsychology

Abstract:

The human being is intrinsically connected to nature; therefore, human health and harmony can only be achieved through cooperation with the more-than-human world. "The Role of Nature Connections in Our Life", a facultative course offered at the Medical School, University of Pécs, aims to keep this perspective at the forefront.

The goal of the course is twofold. First, it provides students with knowledge about various methods —such as shinrin-yoku (forest bathing), animal-assisted or horticultural therapy— by which the more-than-human world can support healing processes. The course is tailored to students' interests and it is realized with their active participation. Second, the course allows students to experience the restorative power of the more-than-human world. This latter objective is achieved through participatory walks developed by the Hungarian Institute of Ecopsychology.

These participatory walks conducted in various natural environments facilitate reconnection with the more-than-human world, offering a distinct experience of presence. During these slow, calm walks guided by a facilitator, participants engage with elements of nature primarily through sensory perceptions, perspective-shifting exercises, and carefully built-in biological information. This practice enables participants to become aware of the natural values surrounding them and their own presence as an integral part of this environment.

This process contributes to health preservation, providing short-term relaxation and rejuvenation. Students also receive credit point upon completing the course, which is beneficial for them (win #1), a fact supported by positive feedback. In the long term, this renewed and deepened connection with the more-than-human world can foster responsible behaviour. I am motivated by the unique opportunity to enhance both the students and my well-being through this experience (win #2). I hope that recognizing nature's indispensability will ultimately benefit for the more-than-human world as well (win #3).

Enhancing Clinical Training in Undergraduate Medical Education through Near-Peer Teaching at the University of Pécs Medical School

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Keywords: Near-Peer Teaching, clinical training, Teaching Assistants, undergraduate teaching

Abstract:

The University of Pécs Medical School (UPMS) in Hungary has integrated Near-Peer Teaching (NPT) as an extracurricular activity to enhance medical education. By involving undergraduate Teaching Assistants (TAs) in clinical training, NPT enables small group learning while addressing language barriers between Hungarian patients and international medical students, fostering cross-cultural connections.

Founded in 2015 with 24 members, the Circle of Demonstrators (CoD) has grown to over 250 undergraduates each semester. TAs are selected for their expertise and undergo workshops to develop professional and communication skills. Paired with academic mentors, they incorporate multimodal learning techniques into their teaching, aligning with modern medical education trends. These workshops help TAs translate their strengths into effective educational practices.

In the 2022/2023 academic year, 85 TAs taught clinical courses in Internal Medicine, Anaesthesiology, Emergency Care, and Surgery. Three workshops were organized for their professional development. The 7th Workshop for Internal Medicine attracted 109 participants, allowing third-year students to practice physical exams. The 4th Workshop for TAs, held by the Department of Languages for Biomedical Purposes and Communication, had 85 attendees, promoting experience-sharing among senior TAs, mentors, and new TAs. Additionally, the "Surgery101" workshop, with 28 participants, enhanced hands-on surgical skills. All workshops received overwhelmingly positive feedback, indicating strong interest in continuing these initiatives.

Training TAs to improve their teaching skills ensures the quality of NPT in clinical courses. The positive reception of NPT by learners highlights its effectiveness in delivering practical teaching elements. Encouraged by this success, UPMS plans to continue developing this innovative approach to medical education.

Take Home Message: NPT at UPMS enriches clinical training and promotes cross-cultural communication, with successful workshops and positive feedback indicating room for continued innovation and improvement in undergraduate medical training.

This work was supported by the Medical School, University of Pécs, Hungary.

Promoting Well-being through Alumni Engagement: The Junior Alumni Program (JAP) of the University of Pécs Medical School

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Keywords: alumni, alumni engagement

Abstract:

One best practice is fostering lifelong connection between students and alumni, as demonstrated by the Junior Alumni Program (JAP) at the University of Pécs Medical School. Acknowledging that alumni are a major part of the institution's intellectual and social capital, UPMS pioneered JAP in 2021 to begin creating networks early on for students starting their academic journey instead of just waiting until graduation. The program emphasizes the importance of personal connections and alumni engagement, addressing the lack of traditional alumni culture in Hungarian higher education.

JAP is a volunteer-based, extracurricular initiative that mirrors a medical student's career path, focusing on self-development through workshops, professional cafés, and networking opportunities led by alumni. These events are tailored to support students at various stages of their education, from freshman year to clinical rotations, providing them with essential soft skills, career guidance, and insights into the medical field. Through authentic interactions with alumni, students gain valuable knowledge and exposure to diverse career paths, enhancing their academic and professional well-being.

The program's success is evident from its outcomes, including international job placements and increased collaboration with other university societies. JAP not only bridges the gap between academic learning and real-world medical practice but also nurtures a supportive community that fosters personal growth and resilience among students. By equipping future graduates with essential skills and a robust professional network, JAP contributes significantly to their overall well-being, both during their studies and in their subsequent careers. The program's ongoing refinement and growing recognition underscore its potential to be a sustainable model for student-alumni engagement, ensuring that the cycle of support, success, and well-being continues to thrive at UPMS.

The prevalence of subclinical ADHD in international medical students and its relationship to elevated levels of depression, anxiety and impaired social functioning

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Keywords: subclinical ADHD, depression, anxiety, stress, social functioning, socio-cultural adaption

Abstract:

International medical students face various challenges, including adjusting to new environments, handling significant academic pressures, and managing stress and personal uncertainties. These factors can significantly impact their overall well-being. This study explores how subclinical Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms may affect the mental health and overall well-being of international medical students. Specifically, it examines the relationship between ADHD symptoms and increased levels of depression, anxiety, stress, as well as decreased positive self-concept, sense of belonging, sociocultural adaptation, and academic performance.

A cross-sectional online questionnaire was used to gather data from participants. ADHD symptoms were measured using the Adult ADHD Self-Report Scale. The Depression, Anxiety and Stress Scale, the Positive Self-Relation Scale, the Perceived Community Scale, and the Revised Sociocultural Adaptation Scale were also employed to assess various aspects of well-being. Academic performance was evaluated, and statistical analyses, including Mann-Whitney U-tests, Kruskal-Wallis ANOVA, and Spearman's Rho correlations, were performed to detect differences between groups.

Of the sample, 39 students (30.7%) exhibited subclinical ADHD symptoms, while 88 (69.3%) did not. Students with ADHD symptoms experienced significantly higher levels of depression ($p < 0.001$), anxiety ($p < 0.001$), and stress ($p < 0.001$) compared to their peers. Moreover, these students reported lower levels of positive self-relations ($p < 0.001$), sense of belonging ($p = 0.002$), and sociocultural adaptation ($p = 0.005$). Academic performance was also significantly lower for students with a higher ADHD screening result ($p = 0.017$).

The findings highlight serious concerns regarding the mental well-being of international medical students, particularly those with ADHD symptoms. Prioritizing mental health and social support interventions is essential to improving the overall well-being, social integration, and academic success of these students.

Empowering Medical Students: Near-Peer Teaching Initiatives at the University of Pécs Medical School, Hungary

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Keywords: Near-Peer Teaching, medical education, extracurricular activities, interpersonal skills, academic mentors, small-group education

Abstract:

The University of Pécs Medical School (UPMS) in Hungary actively encourages student involvement in extracurricular activities like research and teaching. In response to evolving medical education trends, UPMS has adopted Near-Peer Teaching (NPT), where students serve as teaching assistants (TAs). This role helps them develop teaching and interpersonal skills while enhancing medical education.

Established in 2015 with 24 members, the Circle of Demonstrators (CoD) supports the quality of TA activities at UPMS. The "Demonstration Activity" course, which provides European Credit Transfer and Accumulation System (ECTS) credits, is central to these efforts. To maintain high standards, TAs participate in simulation-based workshops and interpersonal skill seminars, guided by academic mentors. TAs are evaluated each semester by both mentors and students. The most outstanding TAs and mentors are recognized annually by UPMS for their contributions to medical education.

Since its inception, more than 1000 students have joined CoD, with 302 registered in Fall 2022 and 266 in Spring 2023. A total of 23 departments and 72 mentors were involved in the

academic year of 2022/2023. The Department of Anatomy, Internal Medicine, and Languages for Biomedical Purposes and Communication saw the highest TA participation. Based on 1,792 anonymous feedback responses using a 5-Point Likert Scale, 96% of students rated their TAs' knowledge and communication as "Excellent" or "Good."

TAs are highly valued by medical students and play a key role in improving educational quality. UPMS's support of NPT strengthens both theoretical and clinical education, and the overwhelmingly positive feedback highlights its importance.

The University of Pécs Medical School's Near-Peer Teaching initiative, exemplified by the Circle of Demonstrators, enriches medical education and fosters a supportive learning environment, advancing the institution's commitment to excellence.

This work was supported by the Medical School, University of Pécs, Hungary.

Supporting Student Well-being through Peer Mentoring: The Peer Program at the University of Pécs

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Keywords: Peer, Mentor, Community, Support

Abstract:

The Peer Program at the University of Pécs Medical School and Faculty of Pharmacy Faculties has been supporting freshmen since 2019, aiming to ease their transition into university life. The program assists all students with academic, administrative, and social challenges, including navigating university systems, dormitory issues, and exam preparation, while also offering guidance on exploring the “university”. Uniquely, the program is run by student peers who, having faced similar challenges, provide credible and effective advice on topics they once struggled with themselves. The program’s mentoring activities encompass academic guidance, daily life management, and mental health support, enhancing student well-being through tailored assistance.

Team-building events, introduced each fall, provide a platform for students to discuss upcoming activities, share feedback, and contribute ideas for program development. The program also includes supervision sessions led by psychologists and psychiatrists, equipping mentors with skills to handle specific cases. Various events, such as “Pumpkin Carving with Peers,” “Chill with the Peers,” and “Lemonade Day,” facilitate informal interactions among new and existing members, fostering a supportive community.

In 2023, the program underwent significant restructuring to allow for continuous renewal and training of new mentors. A tiered system was introduced, with new participants starting as “junior” mentors supporting senior peers. Over time, senior mentors may transition to “super senior” honorary roles, providing guidance based on their extensive experience. Currently, the program includes 56 students, with 30 scholarship-supported mentors and additional volunteers. The scholarship recipients commit to weekly mentoring, participate in workshops, and attend program events.

Mentors are trained to handle official matters, provide academic support, and promote mental health, adhering to strict ethical guidelines and confidentiality standards. The Peer Program’s overarching goal is to enhance student well-being, ensuring they receive the necessary support throughout their academic journey.

1st Anatomy Demonstration workshop at the University of Pecs, Medical School

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Keywords:

Abstract:

On the 13th of November 2023., the Department of Anatomy of the University of Pecs, Medical School organized the first Anatomist Demonstration workshop. Demonstration work has a long history in our department. Besides the anatomy teachers, the demonstrators have a crucial role in helping the students during their studies. We wanted to show how diverse their work is and at the same time we wanted to give them an opportunity to improve their skills, learn from each other and get to know each other better.

54 demonstrator students and 18 anatomy teachers took part in the event. The program's official language was English, but we had students from the Hungarian, English and German programs as well. The event had two main parts, the first half was a lecture session, and the second half was a practical session.

For the lecture session, we invited speakers to encourage the students why is it worthy to do demonstration work during their studies. To achieve this goal, we invited experienced clinicians/teachers and young colleagues to tell their stories about how they could benefit from the demonstration work. In the practical session, we divided the students into 4 smaller groups. The groups had to rotate to 4 different stations, which were the following: „Dissection skills workshop”, „How to do preparations workshop”, „Corpus Anatomy demonstration workshop”, „How to use the „teacher microscope”. After this the groups had to do a small presentation with the topic: „How to become a successful demonstrator and how to help the students during their studies with different techniques?”. They had to present their work to each other, and we closed the event with feedback received from the students and dinner.

Based on the feedback, a lot of positive feedback was received from the demonstrators, so we are planning to organize a similar workshop in the future to develop a more successful and motivated demonstrator society.

Human-centred office design: enhancing well-being and productivity through interior design

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Keywords:

Abstract:

In the past, office design has focused on deficiency and productivity, relegating workers' needs to the periphery. Today's approach emphasizes human-centred design: recognizing employees as the company's most valuable and costly resources. Modern individuals of the 21st century spends 90% of his time indoors. The interior environment influences our thoughts and emotions, aspects our health, and impacts social interactions. These complex interactions ultimately affect productivity. Therefore, the success or failure of an office space is determined by how well it meets the needs and expectations of its users. In the second semester of the PTE-MIK interior design master's studies, we aimed to create an ideal office environment that supports mental and physical health through interior design.

1. Circulation
2. Visual comfort
3. Perspective management
4. Acoustic comfort
5. Separation

Based on preliminary research, we identified key functions (lounge, meeting room, project room, dining room, cafeteria, quiet office, recreation space, indoor garden), which were positioned according to the design strategy above.

By using these methods, a naturally flowing workspace is created that office workers a suitable workstation for both collaborative work and in-depth individual work. The focus is therefore on variety; adapting to individual needs with alternative workstations and relaxation, social networking spaces for recreation. The result is an interior design that supports usage through a healthy working environment that takes the user's needs into account. All this is done with sustainable solutions and by integrating a green environment into the interior using biophilic design.

Recreational spaces, lounge spaces and green environments offer an escape from work pressures, allowing employees to engage in activities they enjoy, thus relieving stress. Alternative workstations and varied spaces reduce the sense of monotony for employees. Consequently, properly applied interior design supports a sense of wellbeing, comfort and health.

The importance given to crises in the life of consecrated women in Poland

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Ignatianum University in Cracow, Poland

Keywords: wellbeing, burn-out, crisis

Abstract:

The subject of this study is the experience of crisis as described by consecrated women living in active religious congregations. Apart from a few mentions, very little information on the experience of crisis in this social group can be found in the literature. This is probably due to the low accessibility of the study group and the low openness of sisters to participate in psychological research.

The aim of the study was to explore the meanings that consecrated women give to the crisis events they have experienced in the history of their religious life.

Words of Wellness: A Cross-Cultural Lexicon of Medical Students' Well-being

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Keywords: Well-being; Word associations; Medical students; V4 countries

Abstract:

This research focuses on the concept of well-being and its significance for medical students from the Czech Republic, Hungary, Poland, and Slovakia. Well-being plays a crucial role in the quality of life, particularly in demanding professions like medicine. The study aimed to explore how students from these four countries perceive well-being and how they engage in self-care to maintain their mental and emotional well-being.

A survey was conducted, gathering word associations about the terms "well-being" and "well-being selfcare." A total of 1103 medical students participated in the survey: 130 from the Czech Republic, 455 from Hungary, 263 from Poland, and 255 from Slovakia. The responses were analysed based on the frequency of specific words mentioned by students from each country.

In associations with well-being, commonly mentioned terms across all countries included "health," "happiness," and "peace." Unlike other countries, they made it to the top ten "mind" in the Czech Republic, "physical relax" in Hungary, "calmness" in Poland, and "friends" and "comfort" in Slovakia. Regarding self-care, the most frequent terms in all countries were "sleep," "friends," and "sports." Hungarian students also emphasized reading, Slovak students "relax". What is surprising is that Czech students, unlike the other three countries, do not have "music" in their top ten. Students of all countries highlighted the importance of "family" and "time" for their well-being.

The findings demonstrate that medical students across all four countries have similar associations with well-being, with health, happiness, and balance being key factors. In terms of self-care, sleep, social connections, and sports were considered essential. The differences between countries lie more in the frequency of mentions rather than in the concepts themselves. This research provides valuable insights for developing support programs for medical students based on their specific needs.

Across all countries, "health," "happiness," and "peace" were frequently mentioned in relation to well-being. Common terms for self-care across all countries included "sleep," "friends," and "sports." Czech students did not include "music" in their top ten, unlike

Relationship difficulties and crises in the lives of medical students: experiences and interventions of the Counselling Service at the University of Pécs, Medical School

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Keywords:

Abstract:

The academic expectations, high workload, and emotional stress that medical students encounter during their studies can contribute to their mental strain and burnout, which may place increased pressure on their studies and, later on, the healthcare system. The psychological counselling service at the University of Pécs Medical School, which has been operating since 2007, actively assesses medical students' mental health, preventing psychological problems, and managing them appropriately.

In this poster, we present the aggregated results of medical and pharmacy students, as well as staff members of the medical school, who sought psychological counselling over the past three years. The data provides insights into the most common patterns of problems, the mental well-being of the population that received psychological support, and the types of interventions used.

According to our results, both students and staff most frequently sought help from our service for relationship difficulties (33.5%) and coping with negative life events (31.2%). Commonly identified issues within these categories include anxiety, depression, crises, and trauma. In parallel with these data, professionals report that the most commonly applied interventions include crisis management and life counselling, supplemented by other psychological procedures in line with the counselling-based specific methodological qualifications. Additional intervention methods include burnout prevention and the promotion of psychotherapy motivation.

Our findings indicate that the psychological counselling service plays a key role in supporting the mental health of medical students and managing subclinical issues, thereby reducing the need for psychiatric care.

Well-being Among Neurodiverse University Students in Poland addresses

Alicja Pomian, Anna Skupińska

Uniwersytet Gdański

Keywords:

Abstract:

Well-being Among Neurodiverse University Students in Poland addresses the mental and emotional health of neurodiverse students at Polish universities. The authors highlight the challenges faced by neurodiverse individuals, such as those with Autism Spectrum Disorders, ADHD, and other aspects of neurodiversity, within academia. The focus is on exploring the experiences of neurodiverse students in Polish universities. Additionally, the authors present recommendations for improving well-being, informed by researchers, practitioners, and their own experiences as self-advocates for the neurodiverse community.

Self-compassion in chronic illnesses

Małgorzata Treppner

University of Gdańsk

Keywords:

Abstract:

Chronic illnesses pose significant physical and psychological challenges, often leading to stress, anxiety and emotional exhaustion. In response, self-compassion—a positive and supportive attitude towards oneself during difficult times—has emerged as a potential coping mechanism. This poster explores the role of self-compassion in managing chronic illnesses, emphasizing its benefits for mental health and overall well-being. By reviewing recent studies, I highlight how self-compassion can reduce negative emotional responses, improve self-care behaviours, and foster resilience in patients with chronic conditions. Understanding and cultivating self-compassion can be a valuable tool in the holistic approach to chronic illness management.

What can the PR Department do for the well-being of students? Good practice from the Faculty of Medicine Hradec Králové, Charles University.

Radka Tobolková

Faculty of Medicine in Hradec Králové

Keywords:

Abstract:

Studying medicine can be very challenging, especially in the early years. At our faculty, we try to motivate students to participate in extracurricular activities and share some of their free time with classmates. We believe that good relationships can help them prepare for difficult exams and get through tough periods during their university years. Our PR department carries out some of the activities, student associations organise the others and we only provide the best possible support.

Healing through Music and Activities: Promoting Well-Being Among Students at the University of Pécs Medical School

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Keywords:

Abstract:

This presentation showcases a local best practice aimed at promoting the well-being of students at the University of Pécs Medical School through music, games, physical activity, and self-awareness initiatives. These programs are designed to raise awareness about mental health and provide healing through community engagement and creative expression.

Since 2009, the Advent Concert and the Spring Concert have been popular traditions within the faculty, offering students a moment of respite from the fast-paced academic environment. These musical gatherings foster a sense of community and provide a unique opportunity for students to unwind and connect through music.

In October 2023, the PTE Voice POTential choir was established, uniting over 50 students from 19 countries enrolled in general medicine, dentistry, biotechnology, and pharmacy programs. This initiative not only promotes mental well-being but also strengthens teamwork and social bonds among students.

The “Let’s Play!” board game afternoons are another key element, offering students a space to relax, enhance cognitive skills, and boost self-confidence. Complemented by freshly brewed tea, these sessions create a warm and welcoming atmosphere, contributing to stress reduction. The initiative was recognized as the “Well-Being Initiative of the Year 2023.”

Physical well-being is also emphasized through daily 30-minute stretching sessions led by physiotherapists and Chi Kung instructors, particularly beneficial during exam periods.

The “At the Gateway of Life” drama group sessions, held biweekly, focus on psychoeducation and self-awareness, allowing students to explore personal growth through creative expression.

Finally, awareness days such as Breast Cancer Day, Prostate Day, Diabetes Day, AIDS Day, and Smoke-Free Day support students’ health education efforts, reinforcing the importance of mental and physical well-being in their future medical careers.

These diverse initiatives, organized and/or coordinated by the Hungarian Admissions and Student Service Office, underscore the holistic approach to student well-being, fostering a supportive and healing academic environment.