



well-being

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

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

### CLOSING CONFERENCE

10. 10. 2024

### SHORT AGENDA

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

WE ARE DELIGHTED THAT YOU ARE ATTENDING THE CONFERENCE!



PÉCSI TUDOMÁNYEGYETEM  
UNIVERSITY OF PÉCS



CHARLES  
UNIVERSITY



JESSENIUS FACULTY  
OF MEDICINE IN MARTIN  
Comenius University  
Bratislava



MEDICAL  
UNIVERSITY  
OF GDAŃSK

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

**CLOSING CONFERENCE**

**10. 10. 2024**

**AGENDA**

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

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

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

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

**10:00-12:00 PLENARY (SIOT0032)**

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

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

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**WELL-BEING AND HEALTH (SIOT0032)**

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

*Author: Tibor Rák*

*Presenter: Tibor Rák*

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

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

*Presenter: Nicole Hunter*

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

*Authors: Marta B. Erdos, Dóra Monostori*

*Presenter: Marta B. Erdos*

The Role and Significance of Health Promotion in Workplace Welfare Systems

*Authors: Attila Nyikos, Fanni Akl Juhász Gábor*

*Presenter: Attila Nyikos Phd*

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

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

*Presenter: Andrea Horváth-Sarródi*

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

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

*Presenter: Shalini Chauhan*

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## WELL-BEING AT THE WORKPLACE (SIOT0033)

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

*Author: Ágnes Baros-Tóth*

*Presenter: Ágnes Baros-Tóth*

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

*Authors: Gábor Juhász, Ákos Jarjabka, Norbert Sipos*

*Presenter: Norbert Sipos*

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

*Author: Zsuzsa Koltai*

*Presenter: Zsuzsa Koltai*

Wellbeing in the caring professions - online

*Author: Zita Dombrádi*

*Presenter: Zita Dombrádi*

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

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

*Presenter: János Girán*

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

*Author: András Fittler*

*Presenter: András Fittler*

14:00-14:15

COFFEE BREAK (NEW BUILDING AULA)

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**MENTAL WELL-BEING (SIOT0032)**

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

*Authors: Agata Rudnik, Agnieszka Wojtecka*

*Presenter: Agata Rudnik*

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

*Author: Olga Zagorącz*

*Presenter: Olga Zagorącz*

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

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

*Presenter: Tamás Csikós*

Wellness in Academia: Insights from a Workshop on Academic Burnout

*Authors: Diego Andrade, Ícaro Ribeiro, Maté Orsolya*

*Presenter: Diego Andrade*

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

*Author: Alexandra Dobos*

*Presenter: Alexandra Dobos*

General stress management

*Authors: Oppa Miloslav*

*Presenter: Oppa Miloslav*

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

*Author: David Skorunka*

*Presenter: David Skorunka*

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## WELL-BEING AND SUSTAINABILITY (SIOT0033)

PTE Science and Innovation Park

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

*Presenters: Sarolta Jurdik, Dalma Lovig*

Adaptable architecture and well-being

*Authors: Ojo David, Ágnes Borsos, Gabriella Medvegy*

*Presenters: Ojo David*

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

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

*Presenter: Konrád Varga*

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

*Authors: Fanni Akl, Attila Nyikos, Gábor Juhász*

*Presenter: Fanni Akl*

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

*Author: Kia Goolesorkhi*

*Presenter: Kia Goolesorkhi*

15:45-16:00

COFFEE BREAK (NEW BUILDING AULA)

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**WELL-BEING AND EDUCATION (SIOT0032)**

Can Work Intensification Be Considered an Emerging Risk among Teachers?

*Author: Rita Molnar*

*Presenter: Rita Molnar*

The Career Office's contribution to student well-being

*Authors: Fanni Óry, Emília Vass*

*Presenter: Fanni Óry*

SPARK – a resilience-enhancing model for well-being

*Author: Beáta Laki*

*Presenter: Beáta Laki*

From personal growth to community impact: Empowering lives through education

*Author: Dóra Ariyo-Kiss*

*Presenter: Dóra Ariyo-Kiss*

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

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

*Presenter: Kata Váradi*

16:00-17:00

ROUNDTABLE DISCUSSION

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

Participants:

Boróka Gács, University of Pécs, Medical School

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

Agnieszka Wojtecka, Gdansk University

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



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

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