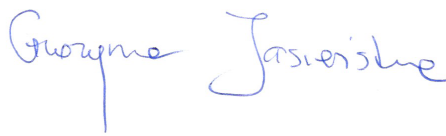


Research Topic Submission Form for the Interdisciplinary Education Programme	
Discipline <i>Please indicate</i>	<input type="checkbox"/> medical sciences <input type="checkbox"/> pharmacology and pharmacy <input checked="" type="checkbox"/> <u>health sciences</u>
Submitter - a person willing to act as a supervisor	
Title/degree Full Name	Prof. dr hab. Grażyna Jasieńska
Category <i>please select the relevant category according to the DSMHS Regulations</i>	<p>X <u>A person employed at the Jagiellonian University Medical College (JU MC), holding a post-doctoral habilitation degree or professor's degree, who has submitted a declaration of at least 75% affiliation with the discipline in which the research topic is being proposed</u></p> <p><input type="checkbox"/> A person employed in Poland at a university or another entity listed in Article 7(1) of the Act – Law on Higher Education and Science, who holds the title of professor or a post-doctoral habilitation degree, has submitted a declaration of at least 25% affiliation with the discipline in which the research topic is being proposed, and has presented the written consent of a person meeting the conditions specified in item 1 to assume the role of supervisor, following a positive opinion of the School Board</p> <p><input type="checkbox"/> A person employed at a foreign university or academic institution, provided that the relevant research discipline board recognises that the person has a significant record of achievement in the academic field to which the research topic pertains</p>
Date of obtaining a) doctoral degree	1996
b) post-doctoral habilitation degree	2009
c) professor's degree	2014
Place of employment	Department of Environmental Health, Faculty of Health Sciences, Jagiellonian University, Medical College
E-mail address	grazyna.jasienska@uj.edu.pl
Contact phone	12 433 28 01
Academic achievements: List of max 5 publications from the last three calendar years	<p>2024</p> <p>K. Słojewska, A. Galbarczyk, M. Klimek, A. Tubek-Krokosz, K. Krzych-Miłkowska, J. Szklarczyk, M. Mijas, M. Ścibor, G. Jasienska "Higher number of steps is related to lower endogenous progesterone but not estradiol levels in women" PloS One doi.org/10.1371/journal.pone.0299580</p>

	<p>2023</p> <p>J. Olko, A. Galbarczyk, J. Marynia, K. Krzych-Miłkowska, H. Iglesias Tepec, E. de la Cruz, E. Dexter-Sobkowiak, G. Jasienska "The spiral of disadvantage: Ethnolinguistic discrimination, acculturative stress and health in Nahua indigenous communities in Mexico" American Journal of Biological Anthropology DOI: 10.1002/ajpa.24745</p> <p>M. Klimek, U. M. Marcinkowska, A. Galbarczyk, I. Nenko, G. Jasienska "The age at first reproduction as a potential mediator between facial fluctuating asymmetry and reproductive success in women" American Journal of Biological Anthropology DOI: 10.1002/ajpa.24746</p> <p>M. Klimek, S. Entringer, A. Matras, M. Blukacz, I. Nenko, A. Galbarczyk, G. Jasienska "Early-life adversities and later-life reproductive patterns in women with fully traced reproductive history" Scientific Reports 8 doi: 10.1038/s41598-023-36226-w</p>
Impact Factor summary	440
Web of Science Core Collection index	20 190
Hirsch index	48
Number of promoted doctoral degree holders	7
Number of promoted MA degree holders	>50
Current number of PhD students in the Doctoral School of Medical and Health Sciences	3
Proposed research topic	Sleep and sex hormones in women of reproductive age
Reasons for the compatibility of the proposed research topic with the selected discipline (maximum 100 words)	Sleep duration and pattern are related to many aspects of human physiology and health. In many non-human species, circadian rhythms strongly influence reproductive function, but it is not clear if similar relations are present in human females. The aim of the project is to analyze relationships between sleep characteristics and reproductive physiology in women.
Brief description of research methods (max. 250 words)	Reproductive age women collected daily saliva samples and wore sleep tracking devices for 3 consecutive menstrual cycles. Saliva samples were analyzed for estradiol and progesterone. Addition data including physical activity levels and anthropometrics were also collected and will be used in analyses as potentially confounding factors. Statistical analyses will include testing relationships at various temporal levels, including daily levels, averages for cycles and repeated measures.
Expected location of project implementation:	Department of Environmental Health, Faculty of Health Sciences, Jagiellonian University Medical College
Description of tasks for the PhD student	- literature review on sleep and reproductive physiology in women

	- preparation of database on sleep characteristics and levels of sex hormones (data on sleep and reproductive physiology was already collected) - statistical analyses - preparation of publications	
Expectations towards the PhD student: specific skills and experience <i>(the description of expectations cannot indicate a specific candidate)</i>	- ability to work in a team - knowledge of basic data analysis methods (quantitative methods) - willingness to learn advanced statistical methods - participation in scientific meetings of the department (the language of meetings is English)	
Temporary availability of the PhD student (number of hours per week) required for the implementation of the project	15 hours/week	
Does the research project require PhD student's independent performance of medical procedures? <i>Underline the applicable</i>	<u>NO</u>	YES <i>Please specify the required professional licence and provide a brief justification</i>
Date 29.04.2025	 Submitter's signature	

* If the research topic requires the PhD student to independently perform medical procedures, then in accordance with the admission procedures (Annexes 1 and 2 to Resolution No. 14/II/2024 of the Jagiellonian University Senate, dated 28 February 2024), the candidate must hold the appropriate professional licence. The type of licence (e.g. licence to practise as a doctor, nurse, physiotherapist, etc.) must be clearly indicated and justified. In the DSMHS admission procedure, a licence to practise as a medical doctor or dentist issued for the duration of a postgraduate internship shall be considered equivalent to a full licence to practise as a medical doctor or dentist in the Republic of Poland.

The research topic submitted must not overlap thematically or conceptually with any current project being undertaken by the PhD student under the supervision of the submitter.

The completed form should be printed, signed in the appropriate sections, scanned together with the signed annexed statements into a single PDF file, and submitted electronically **by 30 April 2025** to:

in the discipline of medical sciences: rekrutacja.nmedyczne@cm-uj.krakow.pl

in the discipline of pharmacology and pharmacy: rekrutacja.nfarmaceutyczne@cm-uj.krakow.pl

in the discipline of health sciences: rekrutacja.nozdrowiu@cm-uj.krakow.pl


The email should include **the title of the proposed research topic**.

Declaration of the Person Submitting the Research Topic

I confirm that I am familiar with the rules for admission to the Doctoral School of Medical and Health Sciences at the Jagiellonian University for the academic year 2025/2026 as set out in in Resolution No. 15/II/2025 of the Senate of the Jagiellonian University, dated 26 February 2025.

In particular, I acknowledge that:

If two or more candidates indicate the same research topic in the admission procedure, the research topic will be awarded to the candidate with the highest score. Other candidates will be offered a selection of the remaining research topics not assigned to admitted candidates.



..29.04.2025

/date/

/signature of the person submitting the research topic/

Declaration of the Person Submitting the Research Topic

I declare that the research topic entitled

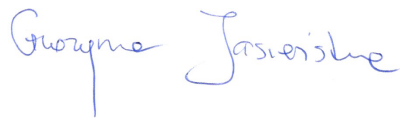
Sleep and sex hormones in women of reproductive age

conducted by the PhD student

of the Doctoral School of Medical and Health Sciences

does not relate to* the protected activity, as defined in Article 21 of the Act of 13 May 2016 on Counteracting the Risk of Sexual Offences and the Protection of Minors (Journal of Laws of 2023, item 1304, as amended), involving the upbringing, education, recreation, treatment, provision of psychological counselling, spiritual development, sports, the pursuit of other interests by minors, or their care.

*Delete as appropriate

A handwritten signature in blue ink, reading "Gwynne Jarvis". The signature is written in a cursive, flowing style.

.....

/Signature of the person submitting the research topic/