


Annex No. 1 to the Rules for Submitting Research Topics for the Admission to the Interdisciplinary Education Programme in the Doctoral School of Medical and Health Sciences for the academic year  
2025/2026

Research Topic Submission Form for the Interdisciplinary Education Programme	
<b>Discipline</b> <i>Please indicate</i>	<input type="checkbox"/> medical sciences <input type="checkbox"/> pharmacology and pharmacy <input checked="" type="checkbox"/> health sciences
<b>Submitter - a person willing to act as a supervisor</b>	
<b>Title/degree</b> <b>Full Name</b>	Prof. dr hab. Urszula Marcinkowska Trimboli
<b>Category</b> <i>please select the relevant category according to the DSMHS Regulations</i>	<input checked="" type="checkbox"/> 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  <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  <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
<b>Date of obtaining</b> <b>a) doctoral degree</b>	04.06.2014
<b>b) post-doctoral habilitation degree</b>	06.02.2019
<b>c) professor's degree</b>	03.02.2025
<b>Place of employment</b>	Institute of Public Health, Jagiellonian University Medical College
<b>E-mail address</b>	urszula.marcinkowska@uj.edu.pl
<b>Contact phone</b>	+48 604 49 12 13
<b>Academic achievements:</b> <b>List of max 5 publications from the last three calendar years</b>	<ol style="list-style-type: none"> <li>1. U.M. Marcinkowska, B. C. Jones, A. J. Lee, 2021, Self-rated attractiveness predicts preferences for sexually dimorphic facial characteristics in a culturally diverse sample. <i>Scientific Reports</i> 11:10905.</li> <li>2. U.M. Marcinkowska, A. Ziolkiewicz-Wichary, Natalia Nowak-Szczepanska, Danuta Kornafel, Sławomir Koziół, Dariusz P. Danel, 2021. Changes in facial shape throughout pregnancy – A computational exploratory approach. <i>Symmetry</i> 13, 1944.</li> </ol>

	<p>3. U.M. Marcinkowska, B.C. Jones, H. Cai, J. Contreras-Garduno, I. E. Onyishi, C.T. Orjiakor, K. Prasai, F. Pazhoohi, H. Taniguchi, A.J. Lee, 2021. An exploratory, cross-cultural study on perception of putative cyclical changes in facial fertility cues. <i>Scientific Reports</i> 11:16911.</p> <p>4. U.M. Marcinkowska T. Shirazi, M. Mljas, J.R. Roney, 2022. Hormonal Underpinnings of the Variation in Sexual Desire, Arousal and Activity Throughout the Menstrual Cycle – A Multifaceted Approach. <i>Journal of Sex Research</i> 60: 1297–1303</p> <p>5. Golovina K, Nenko I, Marcinkowska UM. 2023. Childcare burden and changes in fertility desires of mothers during the COVID-19 pandemic. <i>Frontiers in Psychology</i> 14:1243907.</p>
Impact Factor summary	173,62
Web of Science Core Collection index	1036
Hirsch index	17
Number of promoted doctoral degree holders	0
Number of promoted MA degree holders	Not applicable
Current number of PhD students in the Doctoral School of Medical and Health Sciences	3
Proposed research topic	Support and psychological well-being of mothers, their health and child's development
Reasons for the compatibility of the proposed research topic with the selected discipline (maximum 100 words)	Health of pregnant mothers and children, and factors that can modify it peri-nataly are an integral part of health sciences. The aim of the project is to provide evidence-based information for prevention of diseases and stress in pregnant mothers and their children. Lack of perinatal support can have negative, long-term effects, both psychological and physiological. We will analyse effects of emotional and instrumental support during pregnancy and post-partum, and their effect on mother's well-being, labour, puerperium, lactation and child's development. This will allow to better understand the bio-psychological mechanisms leading to negative health outcomes of multiple generations.
Brief description of research methods (max. 250 words)	<p>The project focuses on the relationship between support and i) mother's psychological well-being (e.g.: anxiety, depression), stress exposure and her health, ii) labour complication, iii) successful lactation, and iv) child's health and development.</p> <p><u>Support</u> is measured via validated psychometric tool Berlin Social Support Scales, pre- and post-partum, cohabiting with family members, and by the actual care-taking time provided by close ones post-partum. Mother's <u>psychological state</u> is measured by anxiety level (STAI) and postpartum depression (EPDS). Mother's mental well-being is measured both pre- and post-partum. Additionally, post-partum hair cortisol levels will be used to assess long-term exposure to stress. <u>Child's health</u> is measured twice, immediately post-partum (based on hospital health records) and around 6 months after birth (based on mother's and</p>

	<p>midwife reports). Additionally, via Recent Life Changes Questionnaire we will account for adverse life conditions experienced by participants during participation in the project, possibly influencing their mental state.</p> <p>Data for the analyses has already been gathered in a prospective study conducted between 2021 and 2023. This will increase the feasibility of the planned analyses. Big sample size will allow for inclusion of multiple confounding variables, such as parity, age or socio-economic status.</p> <p>Innovativeness of the project lays in 1) interdisciplinary approach to health - inclusion of validated psychological tools, physiological measurements, and health records, 2) ability to include repeated measures, that allow for causal inference.</p>	
<b>Expected location of project implementation:</b>	Institute of Public Health, Jagiellonian University Medical College	
<b>Description of tasks for the PhD student</b>	<p>PhD student's tasks:</p> <ul style="list-style-type: none"> <li>- Database management,</li> <li>- Preparation of selected variables and psychometric scales from a database based on completed questionnaires,</li> <li>- Statistical analysis (with the support of the supervisor) of selected variables and verification of research hypotheses,</li> <li>- Preparation and publication of scientific articles in journals listed in Web of Science and Scopus,</li> <li>- Promotion of research results at scientific meetings, conferences, and workshops.</li> </ul>	
<b>Expectations towards the PhD student: specific skills and experience (the description of expectations cannot indicate a specific candidate)</b>	<ul style="list-style-type: none"> <li>- Degree in a field related to human psycho-physical health, including: psychology, biology, sociology, health sciences, physiotherapy, medical sciences.</li> <li>- Knowledge of tools for searching scientific sources of information, e.g. Web of Science, NCBI.</li> <li>- Very good knowledge of the English language.</li> <li>- Knowledge about human health and endocrinology.</li> <li>- Basic knowledge of statistics.</li> <li>- Independency in conducting scientific research.</li> </ul>	
<b>Temporary availability of the PhD student (number of hours per week) required for the implementation of the project</b>	30 hours a week.	
<b>Does the research project require PhD student's independent performance of medical procedures? <i>Underline the applicable</i></b>	<b>NO</b>	<b>YES</b> <i>Please specify the required professional licence and provide a brief justification</i>
<b>Date</b> 29 IV 2025	<p>Zakład Zdrówia i Medycyny UJ CM</p> <p></p> <p>dr hab. Submitter's signature</p>	

\* 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](mailto:rekrutacja.nmedyczne@cm-uj.krakow.pl)

**in the discipline of pharmacology and pharmacy:** [rekrutacja.nfarmaceutyczne@cm-uj.krakow.pl](mailto:rekrutacja.nfarmaceutyczne@cm-uj.krakow.pl)

**in the discipline of health sciences:** [rekrutacja.nozdrowiu@cm-uj.krakow.pl](mailto: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 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.

Zakład Zdrowia i Środowiska UJ CM

*dr hab. Urszula Matyńska-Trimboli, prof. UJ*

.....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**

**"Support and psychological well-being of mothers, their health and child's development"**

**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.**

**Zakład Zdrowia i Środowiska UJ CM**

**dr hab. Urszula Marcinińska-Timboli, prof. UJ**

.....  
**/Signature of the person submitting the research topic/**