



PAVOL JOZEF ŠAFÁRIK UNIVERSITY IN KOŠICE

Faculty of Medicine

Department of Health Psychology

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PUBLIC HEALTH IN CENTRAL AND EASTERN EUROPE

DOES IT MATTER?



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CENTRAL AND EASTERN EUROPEAN COUNTRIES

Visegrad countries (V4): Czech Republic, Hungary, Poland, Slovak Republic

Balkan republics: Albania, Bosnia-Herzegovina, Kosovo, Serbia, Macedonia, Montenegro, Croatia, Slovenia, Bulgaria, Romania

Baltic states: Estonia, Latvia, and Lithuania

Russia and Newly Independent States (NIS): Russian Federation, Belarus, Ukraine, Moldova, Armenia, Azerbaijan, Georgia, Kyrgyzstan, Tajikistan, Uzbekistan, Turkmenistan, Kazakhstan

Country Name	Population (Source: World bank)		
	2015	% of EU population	% of world population
V4	63 819 449	12,5	0,9
Balkan republics	51 594 374	10,1	0,7
Baltic states	6 200 637	1,2	0,1
NIS	287 366 206	x	3,9
World	7 346 633 037	x	x
European Union	509 668 361	x	6,9

The CEE region represents 24% of the European population, and has similar proportion - about 6% - as other European countries with regard to world population (World Bank 2015).

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CEE in selected SSCI journals on public health

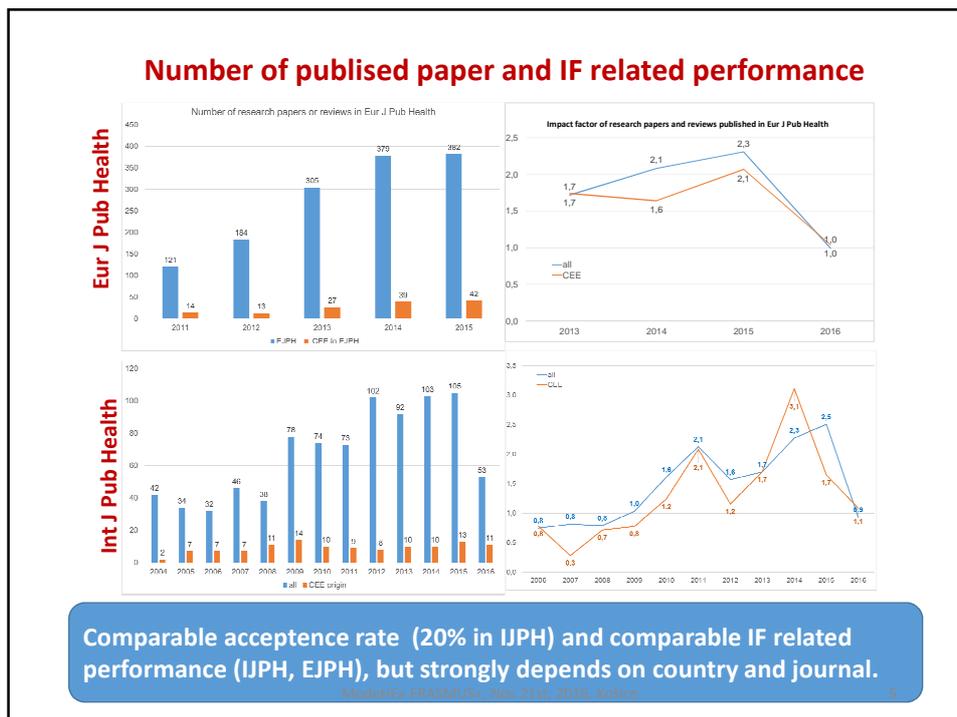
2011-2015	V4	Balkan	Baltic	Russia and newly independent states (NIS)
	Czech rep Hungary Poland Slovakia	Serbia Slovenia Montenegro Croatia Macedonia Bosnia-Herzegovina	Estonia Latvia Lithuania	Russia Ukraine Armenia Georgia Moldova Belarus Azerbaijan Kyrgyzstan Tajikistan Uzbekistan Turkmenistan Kazakhstan
IJPH (10.6%)	10	10	1	4
EIPH (9.8%)	5	7	1	2
JECH (2.4%)	8	1	1	2
BMC PH (2.5%)	23	6	19	14
IJERPH (4.08%)	31	6	7	7
PH (3.90%)	3	2	4	1

2015-2016	V4	Balkan	Baltic	Russia and newly independent states (NIS)
	Czech rep Hungary Poland Slovakia	Serbia Slovenia Montenegro Croatia Macedonia Bosnia-Herzegovina	Estonia Latvia Lithuania	Russia Ukraine Armenia Georgia Moldova Belarus Azerbaijan Kyrgyzstan Tajikistan Uzbekistan Turkmenistan Kazakhstan
IJPH (16.0%)	9	5	2	2
EIPH (14.1%)	2	4	6	1
JECH (3.3%)	5	1	1	1
BMC PH (2.4%)	9	6	16	4
IJERPH (4.8%)	8	3	3	2
PH (4.02%)	1	1	1	1

Contribution of CEE countries to PH journals varies from **0,2%** in Am J Pub Health to **16.0%** in Int J Pub Health. CEE countries are still underrepresented in PH journals.

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Proportion of CEE editors in selected PH journals

NONE

- **Public Health, Am J Pub Health** – none from editors or associated editors is from CEE
- **J Epid Com Health** – none (M. Bobak editor in chief has czech origin, but living decades in London)
- **IJERPH** - none

3 EDITORS

- **Eur J Pub Health** – 3x A. Tit Slovenia, V.Vlassov Russia, W. Zatonski Poland are associated editors
- **BMC Pub Health** – 3x Chronic disease epidemiology J. Wendlova Slovakia, Health behavior, health promotion and society L.M. Lotrean Romania Infectious disease epidemiology A. Bajer Poland

5 EDITORS, including EiC

- **Int J Pub Health:** A. Madarasova Geckova Slovakia EiC, T. Baška Slovakia, J. Holubčikova Slovakia, G. Guliš Slovak, A. Ševčíkova Czech rep (since 2017)

CEE in not represented in editorial boards! CEE countries deeply needs improve research capacity and particularly sc. writting capacity (IRIS, KISH).

WEST-EAST COLLABORATION COULD THIS BE A TAKE OFF?



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Kosice Institute for Society and Health – Graduate School

20 years of collaboration between
University of Groningen and Safarik
University in Kosice on two PhD
research programs:

- * **Youth and Health**
A. Madarasova Geckova
- * **Chronic Disease**
J. Rosenberger

4 years, English language, team of
supervisors + training + infrastructure
+ peer support + hospitable niche,
thesis = 5 research papers published or
accepted in Q1-Q2 SSCI journals + Intro
+ Discussion,

28 Slovak PhD defended in Groningen



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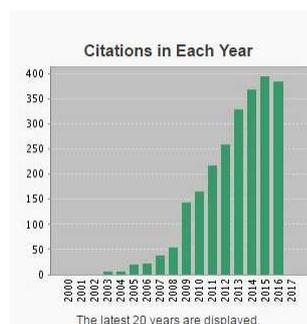
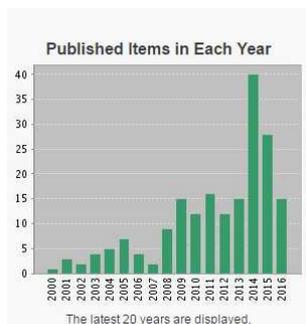
Impact on scientific production

Q1 THE NEW ENGLAND JOURNAL OF MEDICINE * INTERNATIONAL JOURNAL OF PUBLIC HEALTH *PARKINSONISM RELATED DISORDERS*NEPHROLOGY DIALYSIS TRANSPLANTATION*EUROPEAN JOURNAL OF PUBLIC HEALTH*INTERNATIONAL JOURNAL FOR EQUITY IN HEALTH*PLOS ONE*ETHNICITY HEALTH*TRANSPLANTATION*JOURNAL OF ADOLESCENT HEALTH*SOCIAL SCIENCE MEDICINE*JOURNAL OF EPIDEMIOLOGY AND COMMUNITY HEALTH*TRANSPLANT INTERNATIONAL*JOURNAL OF EPIDEMIOLOGY*EUROPEAN JOURNAL OF CARDIOVASCULAR NURSING*JOURNAL OF ADVANCED NURSING*EUROPEAN JOURNAL OF INTERNAL MEDICINE*Q2 YOUNG*BMC PUBLIC HEALTH*INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC*HEALTH*DISABILITY AND REHABILITATION*EUROPEAN ADDICTION RESEARCH*QUALITY OF LIFE RESEARCH*HEART LUNG*EUROPEAN JOURNAL OF PEDIATRICS*ADDICTIVE BEHAVIORS*AMERICAN JOURNAL OF NEPHROLOGY*CLINICAL TRANSPLANTATION*JOURNAL OF ADOLESCENCE*JOURNAL OF CLINICAL NURSING*JOURNAL OF NEUROLOGY*JOURNAL OF RENAL NUTRITION*JOURNAL OF STUDIES ON ALCOHOL AND DRUGS*KIDNEY BLOOD PRESSURE RESEARCH*PATIENT EDUCATION AND COUNSELING*PUBLIC HEALTH NUTRITION*REHABILITATION PSYCHOLOGY*SCANDINAVIAN JOURNAL OF CARING SCIENCES*JOURNAL OF INTERPERSONAL VIOLENCE*DRUG AND ALCOHOL REVIEW*EDUCATIONAL RESEARCH*EPIDEMIOLOGY AND INFECTION*HEALTH PLACE*EUROPEAN JOURNAL OF CARDIOVASCULAR PREVENTION REHABILITATION* Q3 THE INTERNATIONAL JOURNAL OF ARTIFICIAL ORGANS*PSYCHOLOGY HEALTH MEDICINE*DISABILITY AND HEALTH JOURNAL*EUROPEAN JOURNAL OF CONTRACEPTION AND REPRODUCTIVE HEALTH CARE*PUBLIC HEALTH*JOURNAL OF THE NEUROLOGICAL SCIENCES*JOURNAL OF DEVELOPMENTAL AND PHYSICAL DISABILITIES*ACTA VETERINARIA BRNO*AGING MENTAL HEALTH*ANNALS OF TRANSPLANTATION*INTERNATIONAL JOURNAL OF REHABILITATION RESEARCH*EUROPEAN JOURNAL OF GASTROENTEROLOGY HEPATOLOGY*JOURNAL OF CARDIOVASCULAR MEDICINE*INTERNATIONAL JOURNAL OF ARTIFICIAL ORGANS*JOURNAL OF GERIATRIC PSYCHIATRY AND NEUROLOGY*Q4 STUDIA PSYCHOLOGICA*CROATIAN MEDICAL JOURNAL*CESKOSLOVENSKA PSYCHOLOGIE*CENTRAL EUROPEAN JOURNAL OF PUBLIC HEALTH*CENTRAL EUROPEAN JOURNAL OF OPERATIONS RESEARCH*KARDIOCHIRURGIA I TORAKOCHIRURGIA* DIALYSIS TRANSPLANTATION*JOURNAL OF APPLIED SOCIAL PSYCHOLOGY*EUROPEAN NEUROLOGY*

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Impact on scientific production



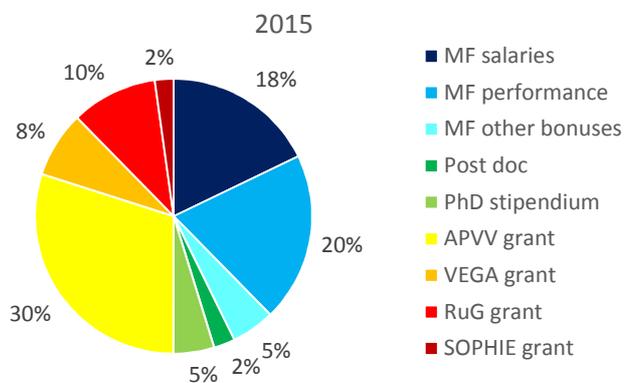
Results found:	190
Sum of the Times Cited [?]:	2419
Sum of Times Cited without self-citations [?]:	2168
Citing Articles [?]:	2104
Citing Articles without self-citations [?]:	1974
Average Citations per Item [?]:	12.73
h-index [?]:	20

190 full research papers since 2000
70% in Q1-Q2
Nearly 2500 citations
H-index: 20

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Impact on fundraising capacity



297 807 Euro in 2015
50% of financial sources from grant agencies
Only 5 full person capacities covered by faculty

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SOMEWHERE IN EAST

WHO WE ARE?



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WHO WE ARE

Researchers of varied scientific background and experience, covering fields such as psychology, medical anthropology, clinical medicine, public health, economy, pedagogy and socialwork engaged primarily in **multidisciplinary applied socio-epidemiological research**.



OUR PARTNERS

Apart from long-term cooperation with the **World Health Organization**, we continually collaborate with several prestigious **international academic institutions**: The University Medical Center at the University of Groningen, National University of Ireland in Galway, the Deakin University in Melbourne, and Tufts University, Boston.

We also intensely collaborate with other recognized **regional universities**: Palacky University in Olomouc, Masaryk University in Brno, and Charles University in Prague, and **various stakeholders**.

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OUR MISSION is

to produce scientific evidence on health and determinants of health of vulnerable populations in Slovakia directly applicable in policy-making and intervention practice addressing health inequalities.



Social determinants of health in vulnerable population

Health needs & ability to benefit from provided services (e.g. health literacy)

Prevention & Healthy development

Quality of life & Participation

School-aged children

Vulnerable children

Special patients

Marginalized Roma

Educational system

Preventive care system

Social care system

Health care system

Cultural responsiveness, effectiveness and efficiency of provided services

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OUR THEMES & TEAMS:

SCHOOL-AGED CHILDREN

Health and health-related behaviour among school-aged children within their social context mainly in framework of Health Behaviour in School-aged children (HBSC) network

VULNERABLE CHILDREN

Healthy development of **school-aged children with disabilities, chronic conditions** as well as **emotional and behavioural problems** with regard to their social context and their **trajectory in the care** systems (disHBSC, Care4Youth)

SPECIFIC PATIENTS GROUP

Factors hindering the progress of chronic diseases, as well as factors that facilitate elimination of health inequalities caused by **chronic disease** and promote quality of life; **health literacy** profiles as well as **responsiveness of the health care providers** (PD, SM, CVS, TxKid, Dialysis).

MARGINALIZED ROMA

Disparities in the health outcomes and exposures as well as the related social determinants, their particular pathways and mechanisms within the specific context of **segregated Roma settlements**; assessment of related **intervention programs** (HepaMeta, Roma health).

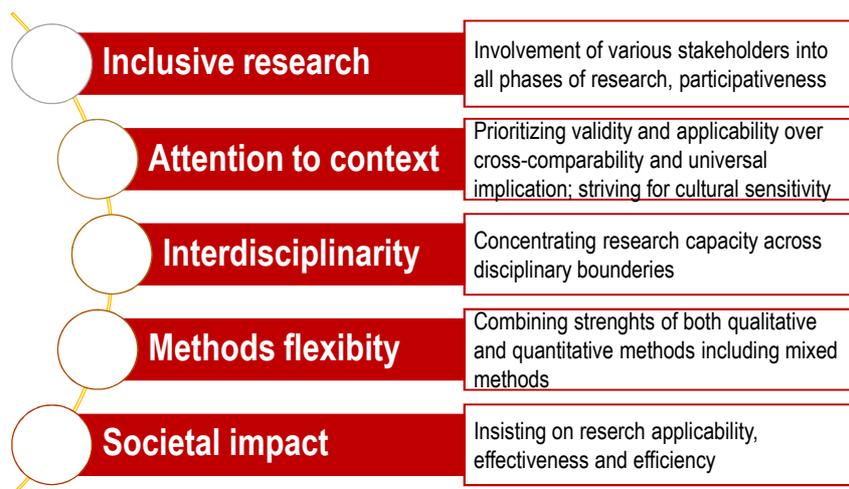
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OUR PRINCIPLES:

We aspire at research that is both **ethical** and **practical**.

Therefore, we employ the following principles:



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KNOWLEDGE AND KNOWHOW

COULD WE SPREAD IT?



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RESEARCH CAPACITY BUILDING FOR PHD

- **Methodology and statistics 14/14**
- **Scientific communication and management of scientific projects 14/14**

PSYCHOLOGICAL, SOCIAL AND CULTURAL ASPECTS OF HEALTH FOR ALL UNIVERSITY STUDENTS

- **Communication training for clinical practise 0/28**
- **Health Psychology 14/14**
- **Clinical practise from patients perspective 0/28**
- **Cultural aspects of health and cultural competencies 14/14**

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METHODOLOGY AND STATISTICS

28 hours in 14 blocks, 6 of them with active involvement of students (**problem learning**) and using laptops with installed statistical software SPSS, 6 lecturers

How to design the project and analyse the data. Research designs, population-sample, sample selection, sample size, external and internal validity of the study, moderation/mediation, developing questionnaires and assessing its validity and reliability, concept-variable-data, measuring effects, probability distribution, testing hypothesis, univariate and multivariate statistical methods, RCT, mortality analysis, regression models.

SCIENTIFIC COMMUNICATION AND MANAGEMENT OF SCIENTIFIC PROJECT

28 hours in 14 blocks, 6 of them with active involvement of students (**problem learning**), using invited lecture of experts from abroad, 8 lecturers

How to write a research proposal, legal aspects of biomedical research, proposal for ethical committee, financial and admin. management of research projects, logistic of data collection including management of biochemical samples, literature search, working with bibliographic databases, literature review, structure of research paper, process of publication and communication with scientific journals
review of research paper
presentation of research findings for academics but also for media and public

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COMMUNICATION TRAINING

28 hours in 14 blocks, 3 lecturers + 3 invited lecturers

- Basic principles of communication.
- Non-verbal communication.
- Communication and cooperation.
- Prejudices and stereotypes in communication.
- Specifics of helping professions.
- Psychosomatics, autogene training and relaxation.
- Coping and coping with stressful situations.
- Coping with long-term illness.
- Palliative care: communication with a dying patient and their family.
- Crisis intervention.
- Work with specific expressions within helping professions (silence, confusion, crying, aggression).

HEALTH PSYCHOLOGY

28 hours in 14 blocks, 5 lecturers + 3 invited lecturers

- Health and quality of life. Psychological aspects of the illness. Patient-doctor relationship.
- Psychosocial aspects of chronic diseases. Disabilities and impairments. Integration of disabled.
- Psychosocial determinants of health. Stress and its impact on health. Strategies to tackle the difficult life situation. Personality characteristics important in coping with difficult life situations.
- Social support and its impact on health.
- Helping professions and burnout.
- Health-related behavior and its change.
- The school as a determinant of health.
- Work and its impact on health. Psychosocial aspects of unemployment.
- Health promotion programs.

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**CULTURAL ASPECTS OF HEALTH**

28 hours in 14 blocks, using collaboration with National Project Healthy Communities – field trip.

- Culture(s) and Health(s)
 - The historical roots of our perspective on health and healthcare.
 - The greatest problems of today according to Western medicine.
 - Cultural influences on health.
- Racial and ethnic health disparities.
- Cultural competency within healthcare services.
 - Cultural competency within epidemiology and public health.

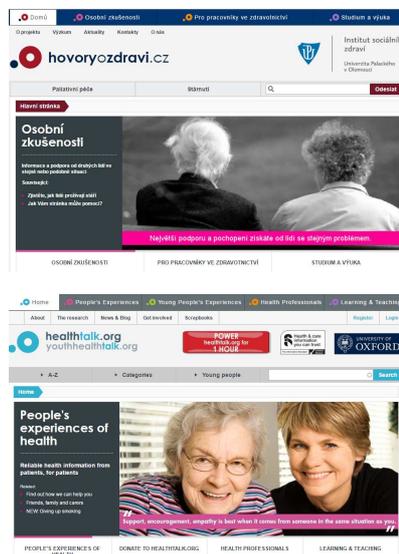
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CLINICAL PRACTISE FROM PATIENTS PERSPECTIVE

28 hours in 14 blocks, psychologist and clinicians analysing patient perspective using DIPEX (healthtalks.org)

- Adapting to a disability after the accident.
- Specific health problems of women and men from their perspective.
- Problems in mental health from the perspective of patients and their loved ones.
- Intensive care - experience of patients and their loved ones.
- Experiencing of selected chronic diseases (cardiovascular, nephrology, neurological).
- Oncological diseases and their experiencing.
- Palliative care, dying.
- Organ donation and transplantation from the patient's perspective.
- Informed consent, shared decision making with patients.



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Thank you for your attention!

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