

# Tereza Martinovska

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School of Psychology, University of Glasgow, Scotland | Updated: 26th Nov 2018

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## RESEARCH INTERESTS

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My main research focus is on sleep. I am currently investigating the interplay of sleep and social media in people with various sporting backgrounds as part of my MSc research project. Alongside my academic efforts, I am part of a team developing an algorithm for prediction of bipolar relapses based on actigraphic data.

Besides sleep, I am interested in other factors affecting human well-being, namely the lived environment and physical activity. I am passionate about transforming research findings in these areas into effective interventions.

## EDUCATION

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**MSc Research Methods in Psychological Sciences** 2019 (expected)

**Thesis topic:** Sleep and Social Media Use across sporting levels

School of Psychology, University of Glasgow, Scotland

**MA (Hons) Psychology, 2.1** 2018

**Thesis title:** Community Gardening Insights: Understanding the relationship between Mindfulness, Nature Connectedness, and Psychological Well-being

School of Psychology, University of Glasgow, Scotland

## RELEVANT WORK AND RESEARCH EXPERIENCE

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**Student Researcher** present

**Project:** Sleep and Social Media Use across sporting levels

**Supervisor:** Dr Heather Cleland Woods

**Adjunct Researcher** 2017 – present

**Project:** BIPO 400

**Supervisor:** MuDr. Filip Španiel

RP5 Sleep Medicine and Chronobiology

National Institute of Mental Health (NIMH), Czech Republic

**Clinical Studies Coordinator** 2017  
Mindpax, Czech Republic

**Summer Research Internship** 2016  
**Project:** The role of chronotype and sleep hygiene in the treatment of obesity  
**Supervisor:** Ing. Mgr. Eva Fárková  
RP5 Sleep Medicine and Chronobiology & RP7 Diagnostics and Treatment of Mental Disorders  
National Institute of Mental Health (NIMH), Czech Republic

## CONFERENCE ACTIVITY

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**DGBS (Deutsche Gesellschaft für Bipolare Störungen) Annual Conference** September 2018  
**The British Psychological Society Undergraduate Conference** March 2018  
**Presenting:** Community Gardening Insights: Understanding the relationship between Mindfulness, Nature Connectedness, and Psychological Well-being

## PROFESSIONAL MEMBERSHIPS (BPS and Sleep Res. Soc.)

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**The British Psychological Society** 2016 - present

## RELEVANT SKILLS

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**R:** statistical analysis, data visualisation, data tidying and wrangling, probability and data simulations

**R Markdown:** reproducible workflows and webpage design

**Microsoft Office:** daily use of Word, Excel, PowerPoint (presentations)

**Foreign languages:** Czech (native speaker), German (Level B1 of the CEFR – Goethe Institut Exam), Spanish (basic), Portuguese (basic)

## EXTRACURRICULAR UNIVERSITY SERVICE

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**Volunteer at Glasgow Goes Green** (sustainability festival) 2018

**Committee Member/Tournament Director of GU Ultimate** (sports club) 2015/2016

## REFERENCES

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### **Dr Heather Cleland Woods**

School of Psychology, University of Glasgow, Scotland

**telephone:** 0141 330 6276

**email:** Heather.Woods@glasgow.ac.uk

### **MuDr Filip Španiel**

RP3 Applied Neurosciences and Brain Imaging & RP7 Diagnostics and Treatment of Mental Disorders

National Institute of Mental Health (NIMH), Czech Republic

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