

# Tereza Martinovska

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School of Psychology, University of Glasgow, Scotland | Updated: 27th 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 research 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 effects of nature and its role in urban design, as well as physical activity and sports. I am aiming to deliver quality research, which could effectively inform interventions and policies. This is reflected in my projects exploring community gardening and tourist interventions in the city.

## EDUCATION

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

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

**Supervisor:** Dr Heather Cleland Woods

**Key modules:** Data Skills for Reproducible Science, MATLAB, Statistics and Research Design

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

**Supervisor:** Dr Maxine Swingle

**Key modules:** Sleep and Circadian Timing, Advanced Statistics, Social Psychology and Health, Health Neuroscience, Social Cognition

School of Psychology, University of Glasgow, Scotland

**Interdisciplinary Summer School: The Everyday City and Beyond** July 2017

**Content:** the practice, theory, policies and politics of 'placemaking,' taking Amsterdam as a site for analysis and action

**Project:** Bridging the social gap between tourists and locals at the site of Rembrandtplein

**Skills involved:** observation, mapping, interviewing, stakeholder analysis, visual and tangible presentation of the final project (prototyping)

University of Amsterdam, the Netherlands

## 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

**Duties:** reviewed literature, developed a proposal and considered ethical implications; currently: recruit participants, collect data via online questionnaire, wrangle data and carry out statistical analysis, report and discuss results in a thesis and prepare them for a journal article

School of Psychology, University of Glasgow, Scotland

### Adjunct Researcher

2017 – present

**Project:** BIPO 400

**Supervisor:** MuDr. Filip Španiel

**Duties:** support a team conducting a large clinical study investigating circadian rhythms in individuals with bipolar disorder; recruit participants, contribute to methodology development (literature review, participant feedback), conduct phone-based clinical interviews and score participants' mood, provide technical support for participants using mobile app and actigraphy

RP5 Sleep Medicine and Chronobiology

National Institute of Mental Health (NIMH), Czech Republic

### Clinical Studies Coordinator

2017

**Duties:** cooperated closely with NIMH researchers, designing a large clinical study investigating circadian rhythms in individuals with bipolar disorder; defined processes, work-flow and responsibilities of all participating parties; provided operational support and facilitated communication between all parties on behalf of Mindpax; recruited Coordinators and Assistants

Mindpax, Czech Republic/Germany

### Summer Research Internship

2016

**Project:** The role of chronotype and sleep hygiene in the treatment of obesity

**Supervisor:** Ing. Mgr. Eva Fárková

**Duties:** digitised and scored collected data (sleep diaries and questionnaires), organised qualitative and quantitative data for further analysis

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

**HTML and CSS:** fundamentals of web 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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**Publicity Officer of GU Nightline** (student-run listening service) 2018/2019

**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**

Research Supervisor

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

### **MuDr Filip Španiel**

Research Supervisor

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

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