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Education

2023 – Habilitation and Associate Professor position

2012 – 2013 – Postgraduate studies “Research and Development Project Manager” at the Gdansk School of Banking

2011 - 2012 - Postgraduate studies in Sport Psychology at the Gdansk University of Physical Education and Sport

2007 – 2011 - Master of Psychology, SWPS University of Social Science and Humanities, Poland

2002-2008 – Ph.D. in Physical Education (Sport Psychology), Gdansk University of Physical Education and Sport, Poland

1996 - 2000 - Master in Public Health, Gdansk University of Physical Education and Sport

Research interest

My primary research focus is on positive sports psychology, where I aim to enhance well-being and reduce burnout in both young and adult athletes as well as coaches and Physical Education (PE) teachers. My work revolves around measuring well-being in sports and creating mental health assessment tools. Furthermore, I actively implement positive intervention programs and explore technology to improve the well-being of athletes across different age groups, from children and adolescents to adults as well as parents, coaches and teachers

Didactic activity for teachers and PE teachers

In 2015-2016, I developed positive psychoeducation workshops for teachers participating in the "Health-Promoting Schools" project at the Education Board in Gdańsk.

In 2021, I co-created training content for physical education (PE) teachers on psychological aspects as part of the Ministry of Education and Science project "Physical Education from the Academy of Physical Education. Let's Move for Health - Active Return of Children to School after the Pandemic." I also conducted lectures as part of this project.

Membership in international or national organizations and scientific societies

European College of Sport Science- member, International Positive Psychology Association- member, Polish Psychological Association, Sport Psychology Section – member.

Professional experience

I earned a top-tier coaching degree and a 2014 bronze medal from the Polish Tennis Association. My expertise has led to collaborations with sports organizations, including providing support to high school basketball players from 2011 to 2013 and working with young soccer players aged 4 to 13 since 2011. In 2014, I served as the National Team psychologist for the Polish Association of Kiteboarding. I have also conducted psychological workshops for soccer referees and referee candidates since 2014 and participated in basketball coaching courses since 2016. I teach children's sports psychology for the Polish Tennis Association, instruct in postgraduate sports psychology programs since 2019, and provide individual psychological training in sports like gymnastics and badminton since 2020. Since September 2022, I have been on the board of the Positive Sports Foundation, and from October 2022, I have worked as a mental preparation coach for the Polish Sailing Association.

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- Wilczyńska D.**, Makurat F. (ed.). (2015). *Positive psychology in physical activity and physiotherapy*. [In Polish] *Psychologia pozytywna w aktywności fizycznej i fizjoterapii*. Gdańsk: Wydawnictwo Athenae Gedanenses. ISBN: 978-83-64706-16-5
- Wilczyńska, D.**, Łysak-Radomska, A., Podczarska-Głowacka, M., Zajt, J., Dornowski, M., & Skonieczny, P. (2019). Evaluation of the effectiveness of relaxation in lowering the level of anxiety in young adults – a pilot study. *International Journal of Occupational Medicine and Environmental Health*, 32(6), 817–824. <https://doi.org/10.13075/ijomeh.1896.01457>
- Jaenes Sanchez, J., **Wilczyńska, D.**, Alarcón, D., Peñaloza Gómez, R., Casado, A., & Trujillo Carmona, M. (2021). The effectiveness of the psychological intervention in amateur male marathon runners. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.605130>
- Liu, T., **Wilczyńska, D.**, Lipowski, M., & Zhao, Z. (2021). Optimization of a sports activity development model using artificial intelligence under new curriculum reform. *International Journal of Environmental Research and Public Health*, 18, 9049. <https://doi.org/10.3390/ijerph18179049>
- Wilczyńska, D.**, Łysak-Radomska, A., Podczarska-Głowacka, M., Krasowska, K., Liedtke, E., Walentukiewicz, A., Lipowski, M., & Skrobot, W. (2021). Effect of workshops for coaches on the motor ability of balance in children practicing sports in late childhood. *BMC Sports Science, Medicine and Rehabilitation*, 13(1), 155. <https://doi.org/10.1186/s13102-021-00388-9>
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- Jaenes, J. C., Alarcón, D., Trujillo, M., Méndez-Sánchez, M. del P., León-Guereño, P., & **Wilczyńska, D.** (2022). A moderated mediation model of wellbeing and competitive anxiety in male marathon runners. *Frontiers in Psychology*, 13. <https://www.frontiersin.org/article/10.3389/fpsyg.2022.800024>
- Wilczyńska, D.**, Abrahamsen, F., Popławska, A., Aschenbrenner, P., & Dornowski, M. (2022). Level of anxiety and results of psychomotor tests in young soccer players of different performance levels. *Biology of Sport*, 39, 571–577. <https://doi.org/10.5114/biol sport.2022.106387>
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- Wilczyńska, D.**, Qi, W., Jaenes, J. C., Alarcón, D., Arenilla, M. J., & Lipowski, M. (2022). Burnout and mental interventions among youth athletes: A systematic review and meta-analysis of the studies. *International Journal of Environmental Research and Public Health*, 19(17), 10662. <https://doi.org/10.3390/ijerph191710662>
- Jaenes, J. C., Rubio, D. A., Arenilla-Villalba, M. J., & **Wilczyńska, D.** (2023). The impact of home confinement by COVID-19 on mood state and adaptive behaviors in Spanish swimmers. *Baltic Journal of Health and Physical Activity*, 15(3). <https://www.balticsportscience.com/journal/vol15/iss3/4>