Malgorzata Maria Slawinska

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About me

As an Assistant Professor leading the Social Sciences Department at the Institute of Sport, my work focuses on advancing research at the intersection of sport, psychology, and well-being. I am particularly interested in the mental health and well-being of athletes, examining factors that shape resilience, performance, and dual-career development.

Work experience

Assistant professor | Institute of Sport - National Research Institute | 01/03/2023 - Current | Warsaw, Poland

Leading work in Social Sciences department at Institute of Sport - National Research Institute

Conducting research in the field of social sciences with an emphasis on its application to the context of sports

Focusing on athletes' mental health and well being

Examining psychological factors that influence an individual's engagement in physical activity

Pursuing external funding opportunities to support research initiatives

Researcher | Institute Institute of Sport - National Research Institute | 01/01/2019 - 28/02/2023 | Warsaw, Poland

Engaging in ongoing research within the field of social sciences, with a particular emphasis on its practical application in the context of sports

Focusing on evaluating and improving athletes' mental health across individual and team sport disciplines

Examining psychological factors that actively shape an individual's involvement in physical activity, contributing to a comprehensive understanding of behavioral dynamics

Sport psychology consultant | Self-employed | 01/02/2016 - 30/05/2019 | Warsaw, Poland

Psychological Assessment

Individual and Group Counseling

Performance Enhancement Training

Research and Education

Education & Training

Doctor of Philosophy (PhD) | Northumbria University Newcastle | 01/09/2012 - 30/07/2016 | Newcastle, United Kingdom

European Master in Sport and Exercise Psychology | University of Thessaly | 01/09/2010 - 19/07/2012 | Trikala, Greece

Master of Science | University of Leipzig | 01/09/2010 - 19/07/2012 | Leipzig, Germany

Bachelor of Science with Honours | Edinburgh Napier University | 01/09/2006 - 17/07/2009 | Edinburgh, United Kingdom

Publications

Remembered and Anticipated Affective Responses in Moderate-Intensity Running

2025. Slawinska, M. M., Teixeira, D. S., & Davis, P. A. (2025). Remembered and anticipated affective responses in moderate-intensity running. Sport, Exercise, and Performance Psychology. .

https://doi.org/10.1037/spy0000378

Physical activity promotion apps for adolescents. Narrative review of behavior change techniques

2025. Vieira Pereira, H., S. Teixeira, D., Slawinska, M., ... & Gomes, L. (2025). Physical activity promotion apps for adolescents. Narrative review of key behavior change techniques and central features. Retos, 65, 32–43.

https://doi.org/10.47197/retos.v65.110823

Diagnostic effectiveness of the Sport Mental Health Assessment Tool 1 supplemented with a brief clinical intake interview in a cohort of Polish elite Olympic athletes

2024. WaleriaDczyk, W., ... SBawiDska, M., SuraBa, O., Wi cBaw, G., Wójcik, effectiveness of the Sport Mental Health Assessment Tool 1. British journal of sports medicine, 59(1), 56–63. .

https://doi.org/10.1136/bjsports-2024-108919

Adolescents' Perspectives on Smartphone Applications for Physical Activity Promotion: Insights from Focus Group Discussions

2024. Gomes, L., Teixeira , D. ., Slawinska , M. ., Davis , P. ., López-Flores , M. . ., Nyström, M. ., Silva , M. . ., Palmeira , A., & Pereira , H. (2024). Perspectives on Smartphone Applications for Physical Activity Promotion. Retos, 56, 85–94. .

https://doi.org/10.47197/retos.v56.104357

Recall of Affective Responses to Exercise: Examining the Influence of Intensity and Time

2020. Slawinska, M. M. & Davis, P. A. (2020). Front. Sports Act. Living , 12 November 2020 Sec. Movement Science Volume 2 - 2020.

https://doi.org/10.3389/fspor.2020.573525

On the relativistic nature of predicted and real physical experiences: A field experiment

2015. Slawinska, M. M., Papaioannou, A. G., Chatzisarantis, N. L. D., Hatzigeorgiadis, A., & Davis, P. A. (2015). On the relativistic nature of predicted and real physical experiences: A field experiment. Psychology of Sport and Exercise, 16, 106–111.

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Estimating cut points: A simple method for new wearables

2015. A. Hickey, J. Newham, M.M. Slawinska, D. Kwasnicka, S. McDonald, S. Del Din, F.F. Sniehotta, P.A. Davis, A. Godfrey, Estimating cut points: A simple method for new wearables, Maturitas, Volume 83, 2016, Pages 78-82,.

Prevalence of Mental Health Symptoms and Recommendations in a Cohort of Elite Paralympic

WaleriaDczyk W, KrzywaDski J, Wójcik K, Lisek G, ...SBawiDska M, Poczwardo 2025. https://doi.org/10.5114/jhk/204828.