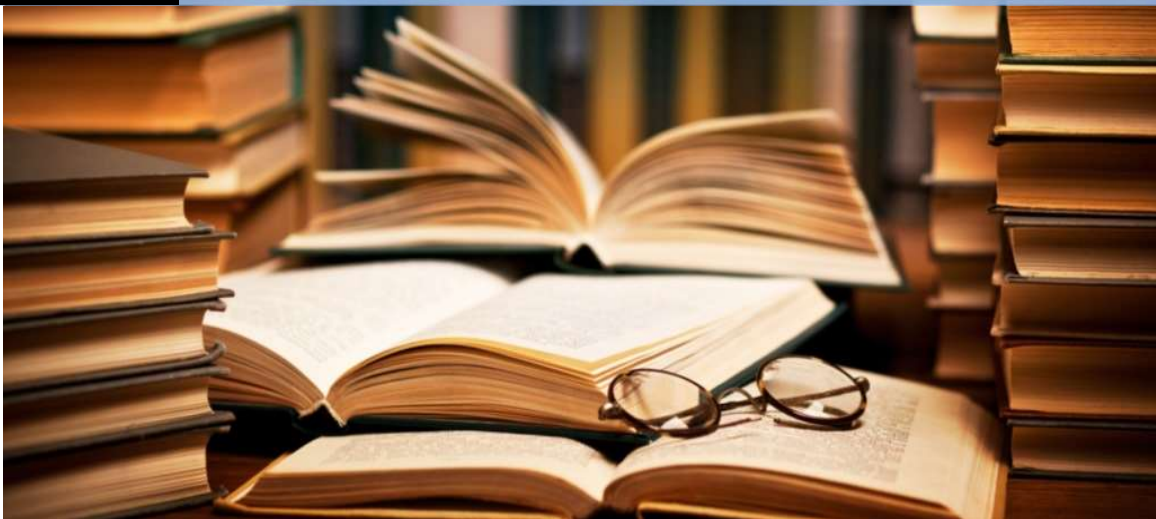


2026

**SEMMELWEIS UNIVERSITY INSTITUTE OF MENTAL HEALTH
RESEARCH STUDIES IN PROGRESS AND FUTURE PLANS**



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Research in progress

BURDEN OF FAMILY CARERS OF ELDERLY RELATIVES DURING COVID-19 (2020-)

Principal investigator: Anett Mária Leleszi-Tróbert

Aim: to continue the PhD research of Anett M. Leleszi-Tróbert, the aim is to further investigate the results obtained so far, with a special focus on the challenges and impacts of the epidemic situation.

In spring 2020, the challenges of family caregiver burden related to the epidemic situation were investigated with an online questionnaire on a large sample (N=1004). Data processing is ongoing.

In the next phase of the research, a deeper investigation of family caregiver burden with a labour market focus was planned on a national sample. This research phase was completed between 2022 and 2024, and data processing is ongoing.

Research team: Anett Mária Leleszi-Tróbert, Márton Bagyura, † Zsuzsa Széman

Research group: Research Group on Ageing

PREVENTING BURNOUT AND KEEPING FAMILY CARERS IN THE LABOUR MARKET DURING PANDEMIC AND POST-PANDEMIC (2022-)

Principal investigator: Leleszi-Tróbert Anett Mária

Sponsor: Hungarian Academy of Sciences, Post-COVID Research Grant

Objectives: 1. To examine, based on our earlier research, the relation between the burden of family carers imposed by care and professional, workplace performance, with special regard to new challenges arising in connection with Covid-19. 2. Analysis of the participation of family carers in the labour market.

Research team: Anett Mária Leleszi-Tróbert, Márton Bagyura, † Zsuzsa Széman

Research Group: Research Group on Ageing

VALIDATION OF THE OLDENBURG BURNOUT INVENTORY QUESTIONNAIRE ON A HUNGARIAN SAMPLE (2024-)

Principal investigator: Leleszi-Tróbert Anett Mária

Aim: In Hungary, partial validation of this questionnaire has been done (Ádám et al., Leleszi-Tróbert - Bagyura). The aim of our research is the complete psychometric validation of the Oldenburg Burnout Inventory, adapted by us in 2015, which has been missing so far, on a large sample.

Research team: Anett Mária Leleszi-Tróbert, Márton Bagyura, Ildikó Danis

Research Group: Research Group on Ageing

EARLY CHILDHOOD RESEARCH GROUP - COORDINATOR: ILDIKÓ DANIS

RESEARCH ON PERINATAL TOPICS (VERONIKA BÓNÉ)

Research in progress

INFANT FEEDING ATTITUDES AND OTHER FACTORS INFLUENCING THE DURATION OF BREASTFEEDING

Principal investigator: Renáta W. Ungváry

Aim: We translated, researched, and published the psychometric properties of the worldwide used Iowa Infant Feeding Attitude Scale, and suggested shorter versions of the scale. The validation of the shorter Hungarian version of IFAS has been conducted on a representative sample of mothers as part of the Infancy in the 21st Century Hungary project. We are looking for correlations between feeding attitudes and other characteristic details of everyday life with infants and young children, such as pacifier use, sleeping habits, duration of breastfeeding, and introduction of solids or formula.

Research team: Renáta W. Ungváry, Veronika Bóné, András Ittész, Ildikó Danis

Research group: Early Childhood Research Group / Research on Perinatal Topics

Planned research

THE LABOR MARKET POSITION AND OPPORTUNITIES OF LACTATION CONSULTANTS FIFTEEN YEARS AFTER THE COMMENCEMENT OF UNIVERSITY EDUCATION

Supervisor: Renáta W. Ungváry

Objective: A survey of graduates from the Lactation Consultant postgraduate program at Semmelweis University regarding their fields of work, how they utilize the knowledge acquired during the program, measuring professional satisfaction, and identifying the tasks and challenges that lie ahead.

Participants: Renáta W. Ungváry

Opportunity to join: The working group is open to the joining of professionals associated with our lactation consultant training who are interested in scientific work.

Research Group: Early Childhood Research Group / Perinatal Research

PROFESSIONAL BREASTFEEDING SUPPORT ON SOCIAL MEDIA INTERFACES FOR MOTHERS OF GENERATIONS Y AND Z AS PART OF THE INTERNSHIP FOR LACTATION CONSULTANT STUDENTS

Supervisor: Renáta W. Ungváry

Objective: All students attending the Lactation Consultant postgraduate program at Semmelweis University participate in a mentored online internship in the "Breastfeeding Support Q&A" Facebook group. The research aims to assess the breastfeeding problems, information-seeking habits, and breastfeeding goals of mothers from Generations Y and Z through the qualitative analysis of mentored communication conducted with the students.

Participants: Renáta W. Ungváry, and the instructors involved in the online mentoring of the training program.

Opportunity to join: The working group is open to the joining of professionals associated with our lactation consultant training who are interested in scientific work.

Research Group: Early Childhood Research Group / Perinatal Research

RESEARCH ON EARLY CHILDHOOD DEVELOPMENT AND MENTAL HEALTH (ILDIKÓ DANIS)

Research in progress

INFANCY IN 21ST CENTURY HUNGARY 1.0

Principal investigator: Ildikó Danis

Aim: A questionnaire survey of parents with children under 3 years of age (n=980 mothers, n=122 mother-father dyads) was conducted in a national representative sample in the winter of 2019-2020, in the framework of a university EFOP 3.4.3 project. Themes: assessment of parenting and early childhood mental health, parenting practices and related individual, family and wider environmental influences; measurement and standardisation of new adapted measures, presentation of natural variance and clinically relevant risk segments of measured constructs, testing of correlation models, etc. The database has been available to the research network since the summer of 2020, with ongoing analysis and publications coordinated through our Research and Publication Policy.

Research network: SE MHI: Ildikó Danis, Bea Dávid, Attila Pilinszki, Fruzsina Albert, Bernadett Asztalos, Timea Tésenyi, Veronika Bóné, Szabolcs Török, Renáta W. Ungváry; PhD Student in SE MHI: Kinga Dupont, Anna Gyetvai, Adrienn Orosz, Dóra Kovácsné Hegedüs, Noémi Napravszky, Réka Durányik, Sejla Gubucz-Pálfalvi, Anna Lengyel; HUN-REN TTK: Judit Gervai, Ildikó Tóth; ELTE: Beáta Prónay, Adrienn Rigó, Gabriella Márki, SZTE: Viola Sallay, Tamás Martos, Petra Zámboi; VÉF: Zsuzsanna Ládonyi, Tünde Szabó; ISZCSK: Szilvia Cs. Ferenczi, Ildikó Góczán-Szabó, Beáta Prónay, Mária Alkonyi, Mónika Siba, Réka Veréb-Németh, Rita Biró, Andrea Vörös, Judit Stadler, Katalin Schneider, Katalin Rónai

Research group: Early Childhood Research Group / Research on Early Childhood Development and Mental Health

WELL-BEING OF YOUNG CHILDREN AND PARENTS IN TIMES OF STRESS - INFANCY IN 21ST CENTURY HUNGARY 2.0.

Principal investigator: Danis Ildikó

Aim: Measurement of the period and cohort effects (COVID-19, geopolitical and economic crisis) on parenting, parental well-being, and early childhood development and mental health was carried out in the winter of 2023-2024 with a nationally representative sample, with a replication of the 2019-2020 survey (see above), supported by the university STIA grant. The comparative analyses of the two research phases are currently underway. A synthesis volume and a conference day are planned for late 2026.

Research network: SE MHI: Ildikó Danis, Bea Dávid, Attila Pilinszki, Fruzsina Albert, Bernadett Asztalos, Tímea Tésenyi, Veronika Bóné, Szabolcs Török, Renáta W. Ungváry; PhD Student in SE MHI: Kinga Dupont, Anna Gyetvai, Adrienn Orosz, Dóra Kovácsné Hegedüs, Noémi Napravszky, Réka Durányik, Sejla Gubucz-Pálfalvi, Anna Lengyel; HUN-REN TTK: Judit Gervai, Ildikó Tóth; ELTE: Beáta Prónay, Adrienn Rigó, Gabriella Márki, SZTE: Viola Sallay, Tamás Martos, Petra Zámboi; VÉF: Zsuzsanna Ládonyi, Tünde Szabó; ISZCSK: Szilvia Cs. Ferenczi, Ildikó Góczán-Szabó, Beáta Prónay, Mária Alkonyi, Mónika Siba, Réka Veréb-Németh, Rita Biró, Andrea Vörös, Judit Stadler, Katalin Schneider, Katalin Rónai

Research group: Early Childhood Research Group / Research on Early Childhood Development and Mental Health

CLOSE RELATIONS RESEARCH GROUP - COORDINATOR: FRUZZSINA ALBERT

RESEARCH ON COUPLE AND FAMILY RELATIONSHIPS (SZABOLCS TÖRÖK –ILDIKÓ DANIS)

Research in progress

RESEARCH ON THE EFFICACY OF EMOTIONALLY FOCUSED COUPLES THERAPY (EFT) TRAINING IN HUNGARY: HOW PARTICIPATING PROFESSIONALS CHANGE BOTH PROFESSIONALLY AND PERSONALLY

Principal investigator: Szabolcs J. Török

Aim: To investigate the impact of EFT training on the participating professionals' own emotion processing, attachment characteristics, relationship beliefs, and changes in their perceived EFT-related knowledge and competence. The research includes psychometric analysis of the Hungarian version of the EFT-KACS (EFT Knowledge and Competence Scale) and how to effectively help Hungarian professionals to achieve the certified EFT therapist credential. Réka Koren has been awarded a Fulbright Research Fellowship for the academic year 2025-2026 to conduct research at Alliant International University, California (host professor: Scott R. Woolley).

Research team: Szabolcs Török, Zsuzsa Somsák, Réka Koren, Ildikó Danis, Scott Woolley (USA), Gábor Jelenfi.

Research group: Close Relations Research Group / Research on Couple and Family Relationships

LONGITUDINAL RESEARCH ON THE EFFICIENCY OF STRUCTURED, PSYCHOEDUCATIONAL, PREVENTIVE RELATIONSHIP ENRICHMENT PROGRAMS

Principal investigator: Szabolcs J. Török

Aim: The research aims to investigate how the Hold Me Tight program (a structured, 8-session-long, psychoeducational program based on the adult attachment-focused approach of Emotionally Focused Couples Therapy) produces measurable changes in the quality of relationships. The question will be examined in comparison with other marriage enrichment programs with similar objectives, such as the programs of the Kétigen Foundation. Both programs have shown encouraging results from pilot studies and previous international research. One of the specific target groups is patients with heart disease and their partners ("Healing Hearts Together" program). On data collection, our team collaborates with the Heart and Vascular Center at Semmelweis University, Budapest.

Sample sizes of the data collected between 2021 and 2023: n = 69 couples in the Ölelj át intervention group and n = 38 couples in the Kétigen intervention group; questionnaires used (Hungarian versions): Dyadic Adjustment Scale (DAS; Spanier, 1976), Experiences in Close Relationships – Revised (ECR-R; Fraley, Waller, & Brennan, 2000), Relationship Beliefs Inventory (RBI; Eidelson & Epstein, 1982), Relationship Assessment Scale (RAS; Hendrick, 1988), Perceived Stress Scale – 4 items (PSS-4; Cohen et al., 1983).

Research team: Szabolcs Török, Zsuzsanna Somsák, Ildikó Danis, Örs Kigyóssy, Andrea Kigyóssy-Bozsó, Borka Börzsei, Gábor Jelenfi, Noémi Gyenis-Kátay, Alexandra Assabiny, Lilla Tusor, Zsófia Ocsovszky, Piroska Balog.

Research group: Close Relations Research Group / Research on Couple and Family Relationships

THE PSYCHOSOCIAL WELL-BEING OF CHILDREN WITH CHRONIC ILLNESSES AND THEIR FAMILIES, AND THE EVALUATION OF THE IMPACT OF PREVENTION PROGRAMS ORGANIZED FOR THEM

Principal investigator: Zsuzsanna Katalin Papp

Aim: The research aims to evaluate the effectiveness of therapeutic recreational programs for children with serious illnesses. Research examines the quality of life and other psychosocial variables (e.g. resilience, family functioning, life skills, coping, peer relationships) of children and their families participating in therapeutic recreational camps, the school-based program, and the hospital outreach program organised by Bátor Tábor Foundation, targeting children with serious chronic illness, their siblings, their families, and their communities. Other areas of research include: the involvement of other relevant patient groups; the study of wider rehabilitation programmes (including cooperations with international partner organisations); and the impact of camp participation on volunteers.

Research Team: Zsuzsanna Papp, Szabolcs Török, Ildikó Danis, Borbála Gácsig-Somogyi, Gyöngyi Kökönyei (ELTE, SE)

Research Group: Close Relations Research Group / Research on Couple and Family Relationships

VALIDATION OF THE HUNGARIAN VERSION OF THE EXPERIENCES IN CLOSE RELATIONSHIPS QUESTIONNAIRE ON HUNGARIAN SAMPLES

Principal investigators: Szabolcs J. Török, Ildikó Danis

Aim: Our first aim is to validate the Experiences in Close Relationships - Revised version questionnaire (ECR-R; Fraley, Waller, and Brennan, 2000) in Hungarian by using data from a representative sample of the adult population. This research was funded by the EFOP 5.2.5. grant. Our second aim is to develop a shortened version of the ECR-R questionnaire in Hungarian and to publish its psychometric properties. The research will also examine the indicators of mothers with young children and their partners, couples participating in relationship-enriching prevention programmes, and professionals in couple therapy training, in comparison with national normative data.

Research team: Szabolcs Török, Judit Gervai, Ildikó Tóth, Ildikó Danis, Kinga Dupont, Zsuzsa Somsák, Réka Koren

Research Group: Close Relations Research Group / Research on Couple and Family Relationships

AN EVALUATION OF THE EFFECTIVENESS OF SYSTEMIC FAMILY THERAPY INTERVENTIONS IN DIFFERENT PATIENT GROUPS

Principal investigator: Szabolcs J. Török

Aim: Our aim is to measure the effectiveness of systemic family therapy interventions in health care in a longitudinal multicentre study. Data collection is currently taking place at nine publicly funded healthcare institutions and civil organizations across Hungary, involving numerous different target groups. The program is supported by the MOL–New Europe Foundation’s “Imre Kozma Child Healing Plus” program. The following instruments will be used to measure the changes after the planned family therapy interventions: McMaster Family Assessment Device (FAD), WHO Well-Being Questionnaire (WBI-5), Perceived Stress Scale (PSS4), and Dyadic Coping Inventory (DCI).

Research team: Szabolcs Török, Noémi Gyenis-Kátay, Ildikó Danis, Balázs John, Bethany Hamilton (USA), Klára Soltész-Várhelyi, Zsuzsanna Papp, Luca Erős, and colleagues from collaborating clinics.

Research Group: Close Relations Research Group / Research on Couple and Family Relationships

VALIDATION OF THE HUNGARIAN VERSION OF THE FAMILY ASSESSMENT DEVICE QUESTIONNAIRE ON A NATIONAL REPRESENTATIVE SAMPLE OF ADULTS (2018-), AND ON A CLINICAL SAMPLE (2023-)

Principal investigator: Ildikó Danis

Aim: to validate the Family Assessment Device on family functioning in Hungary in a representative sample of the adult population. Psychometric indicators of the scale are also tested on a clinical sample.

Research team: Ildikó Danis, Szabolcs Török, Judit Gervai, Tamás Kurimay, Noémi Gyenis-Kátay

Research group: Close Relations Research Group / Research on Couple and Family Relationships

Research in progress

THE SOCIAL IMPACT OF THE COVID-19 EPIDEMIC - WITH A SPECIAL FOCUS ON CLOSE RELATIONSHIPS

Principal investigator: Albert Fruzsina

Aim: Based on empirical data collected in several waves during the COVID-19 pandemic using both qualitative and quantitative methods, the research examines the relational effects of the crisis caused by the pandemic from the perspective of how our existing close relationships have been affected. In addition, we pay particular attention to the causes and consequences of the homophily of contact networks in terms of inoculation. The research continues with the analysis of a data set collected at the end of 2025, which will enable the monitoring of changes in social networks experienced during the pandemic.

Research team: Fruzsina Albert, Beáta Dávid, Zoltán Brys (PhD student)

Research group: Close Relations Research Group / Research on Friendships and Communities

LONELINESS IN HUNGARY

Responsible for the topic: Fruzsina Albert

Aim: Since 1993, we have had data in Hungary based on a single-item loneliness measurement tool that has been used several times since then. Our goal is to use cross-sectional studies to reconstruct the prevalence of loneliness since the change of regime and the changes in the sociodemographic profile of the population affected by loneliness. In addition, we aim to map the relationship between the subjective experience of loneliness and objective social network deprivation.

Research team: Fruzsina Albert, Beáta Dávid, Andrea Szabó (doctoral student)

Research Group: Close Relations Research Group / Research on Friendships and Communities

FRIENDSHIPS IN HUNGARY

Responsible for the topic: Fruzsina Albert

Aim: The main ambition of the planned research is to further analyse the quantitative and qualitative data collected in different surveys on this topic. We also aim to produce an updated English edition of the friendship monograph published in Hungarian in 2007.

Research team: Albert Fruzsina, Dávid Beáta

Research group: Close Relations Research Group / Research on Friendships and Communities

UNIVERSITY STUDENTS MATTER! - UNIMATTER RESEARCH

Principal investigator: Fruzsina Albert / Zsuzsanna Papp

Aim: The research aims to assess the “perceived mattering” of university students. During the research, we apply and adapt the psychological construct "perceived mattering" into Hungarian in cooperation with an international research group within the framework of an EUniWell research project. Perceived mattering in interpersonal relationships means the perception of being significant for a specific group of people, such as family, friends, or colleagues (Marshall, 2001; Rosenberg & McCullough, 1981). In this research, we use quantitative and qualitative data collection and cross-cultural aggregation to investigate the relationship between perceived mattering, self-esteem, well-being, and academic success

Research team: Bea Dávid, Fruzsina Albert, Zsuzsanna Papp, Ádám Orosz, Bernadette Asztalos, Tímea Tésenyi, Zsuzsanna Szabó-Jáki, Márton Járny, Monica Paradisi (IT), Camilla Matera (IT), Amanda Nerini (IT)

Research Group: Close Relations Research Group / Research on Friendships and Communities

RESEARCH ON THE SOCIAL INTEGRATION OF REFUGEE BACKGROUND GROUPS

Principal investigator: Beáta Dávid

Aim: The primary aim of this research is twofold: first, to provide a comprehensive description and analysis of the Refugee Integration Program implemented by the Hungarian Charity Service of the Order of Malta (MMSZ); and second, to explore the circumstances and assess the social integration processes of refugees participating in the program.

The study focuses on key dimensions such as vulnerability, migration motivations, cultural differences, mental health, and social support.

This project is conducted in collaboration between Semmelweis University and the Hungarian Charity Service of the Order of Malta.

Research team: Beáta Dávid, Cinderella Komolafe, Ágnes J. Lukács, Dániel Solymári (MMSZ), Ráhel Czírják (MMSZ)

Research Group: Close Relations Research Group

OTHER RESEARCH TOPICS

Research in progress

EXAMINING THE TRANSGENERATIONAL EFFECTS OF CHURCH COLLABORATION IN THE HISTORICAL PROTESTANT CHURCHES OF THE CARPATHIAN REGION

Principal investigator: Máté Joób

Aim: The research aims to explore the feelings of the direct descendants of secret church informers during the communist time towards their recruited family members and the settlement solutions they perceive and apply to consolidate their interpersonal relationships. In addition to the study of internal experiences, which focuses primarily on guilt and shame - their co-existence and separation - the research aims to explore individual and communal (especially within the family) coping strategies, so that they can help to shape and offer more sensitive modes of reconciliation to the church community, which is at once a participant, a suffering subject and a bearer of the events of the past. Because of this complexity, perhaps an interdisciplinary approach can also show results that can be useful for society as a whole. The source material for this research consists of interviews with family members of the recruited church informers. The source material will be processed using the Grounded Theory method.

Research team: Máté Joób

Research Group: Close Relations Research Group / Other Research Topics

FORGIVENESS AS A PRO-SOCIAL COPING METHOD

Principal investigator: Máté Joób

Aim: The research aims to explore how religious people in church communities perceive forgiveness as a pro-social coping method. Further questions will be focused on: What is the impact of the transcendent experience of forgiveness on the resolution of interpersonal relationships? Is religious belief more conducive to emotional or volitional forgiveness? In recent years, empirical studies on the topic of forgiveness have been conducted in Hungary (Szondy 2007, Papp 2014), but so far, no empirical research has been conducted at the interface of psychological review studies (Tomcsányi 2002; Horváth-Szabó 2007). In this planned research, we would like to attempt to approach the topic in a theological and psychological way. Existing database: online questionnaire taken in 2025 (n=915). We also plan to conduct semi-structured interviews.

Research team: Máté Joób, Veronika Bóné, Papp Zsuzsanna

Research Group: Close Relations Research Group / Other Research Topics

PILGRIMAGES FROM A BIOPSYCHOSOCIAL-SPIRITUAL APPROACH

Principal investigator: Zsuzsanna Papp

Aim: To assess the physical, psychological, social, and spiritual characteristics of Hungarian pilgrims, while also taking into account the specific features of pilgrimage routes, their natural and built heritage, and their tourism services. The research is part of an international cooperation and adapts the research questions of the EUniWell project Pilgrim-Aphy-Tour. Based on previous research, pilgrimages have a positive effect on well-being. In this study, we aim to examine the multidisciplinary factors underlying this effect, also in an international comparative context, by comparing Hungarian pilgrimages with those in Spain, Italy, and Ukraine. Our results are expected to be applicable both in the fields of everyday health promotion and prevention, as well as in the improvement of tourism services.

Research team: Zsuzsanna Papp, Bernadett Asztalos, Szabó-Jáki Zsuzsanna, Tímea Tésényi, Lucrezia Lopez (ESP), Gianluca Bambi (IT), Diana Hryniuk (UA)

Research Group: Close Relations Research Group / Other Research Topics

ASSESSING PARTICIPANT SATISFACTION WITH THE SENIOR ACADEMY LECTURE SERIES AND EXAMINING THE DIMENSIONS OF ACTIVE AGEING AT SEMMELWEIS UNIVERSITY

Principal Investigator: Beáta Dávid

Aim: The concept of active ageing has become a central topic in gerontological and social science research over recent decades. The active ageing model defined by the World Health Organization (WHO) emphasizes the importance of health, social participation, and security in maintaining quality of life in older age.

Numerous international and national studies highlight that lifelong learning, community engagement, and mental stimulation significantly contribute to well-being in later life, while also reducing the risk of social isolation and cognitive decline. In this context, senior education programs organized by higher education institutions—such as the Senior Academy at Semmelweis University—play a key role.

The present study aims to assess the satisfaction of participants attending the Senior Academy lecture series and to explore various dimensions of active ageing among respondents aged 65 and above. The study examines changes in social relationships, attitudes toward technology, lifestyle characteristics, health status, and leisure activities.

Research team: Beáta Dávid, Cinderella Komolafe, Anett Mária Leleszi-Tróbert, Veronika Bóné

Research group: Close Relations Research Group / Other Research Topics

EXAMINING THE USE OF ARTIFICIAL INTELLIGENCE AT SEMMELWEIS UNIVERSITY

Principal Investigator: Beáta Dávid

Aim: This study aims to map the use of artificial intelligence among both employees and students of Semmelweis University, with particular attention to the frequency, purposes, and organizational as well as everyday contexts of use. The study seeks to explore in which academic, work-related, and other activities members of the university community utilize AI-based tools—including educational, research, clinical, and administrative tasks—as well as their use in everyday private life.

In addition, the research examines attitudes toward artificial intelligence, with a particular focus on openness to technology, as well as perceived benefits, risks, and ethical dilemmas. The identified patterns may contribute to the development of institutional guidelines, training programs, and recommendations, supporting the conscious and responsible use of artificial intelligence in both educational and professional contexts.

Research team: Beáta Dávid, Cinderella Komolafe, Tamás Joó

Research group: Close Relations Research Group / Other Research Topics

HELPING RELATIONSHIPS AND SERVICES RESEARCH GROUP - COORDINATOR: ATTILA PILINSZKI

Research in progress

HELPING MIRROR – RESEARCH ON WELLBEING OF HELPING PROFESSIONALS

Principal investigator: Attila Pilinszki

Aim: Through our research, we can gain important insights for the social, health, education, and faith sectors about the individual, family, and community well-being of many helping professionals, which may be key to finding innovative solutions to work tasks and challenges, maintaining professional motivation, and encouraging perseverance and preventing burnout. The results can help develop a supportive strategy to prepare for similar situations in the near or distant future.

Participants.

Joining: join by arrangement with the research team

Research team: Gábor Török, Attila Pilinszki, Bernadett Asztalos, Timea Tésenyi, Máté Joób, Szilvia Süki-Szijjártó, Júlia Kosztka, Eleonóra Mészáros

Timeline: 2024 - research design, data collection; 2025-2026 - analysis, study writing

Research Group: Helping Relationships and Services Research Group

RESEARCH ON THE SOCIAL SUPPORT AND SPIRITUAL HEALTH OF PASTORS IN HUNGARY

Principal investigator: Márton Járny

Aim: In 2023, a quantitative questionnaire survey was conducted among the pastors of the Reformed Church in Hungary. An earlier version of this survey was run among Lutheran pastors in 2022. A further aim is to contact institutional pastors through focus group interviews to further analyse and understand the big data. A questionnaire survey among Hungarian Reformed pastors in Slovakia and Transylvania, and the inclusion of Baptist pastors and their spouses, will be conducted, with plans to expand the survey in 2025. The questionnaire for this is being developed based on our experience so far.

Research team: Márton Járny, Fruzsina Albert, Gergely Tóth

Research Group: Helping Relationships and Services Research Group

OUTCOME STUDIES OF COUNSELING RELATIONSHIPS AND MONODRAMA TECHNIQUES

Principal investigators: Zsuzsanna Szabó-Jáki, Gábor Török

Aim: Effectiveness evaluation of the service available for clients attending the Antropos Mental Health Care Centre (counseling, pastoral counseling), without a control group design. Our research aims to assess and gain a more accurate picture of the measurable changes in the psychological and, in the case of pastoral counseling, spiritual well-being of clients who participate in the Antropos Centre's counseling services. A further aim is to investigate the impact of using psychodrama techniques, compare the outcomes of counseling relationships using those techniques with those who do not use them, and to find out what added value is brought by the use of non-verbal techniques. The research will be carried out in collaboration with professionals working at the ELTE Student Counseling Centre. In 2023, data collection was completed. The processing and statistical analysis of the results have started. The first publications on the research appeared in 2025, and further analysis and publication of the results, as well as completion of the publication process, are expected in 2026.

Research team: Gábor Török, Zsuzsanna Szabó-Jáki, Veronika Bóné, Bernadett Asztalos

Research Group: Helping Relationships and Services Research Group

RESEARCH GROUP ON EDUCATIONAL EFFECTIVENESS AND METHODS - COORDINATORS: BERNADETT ASZTALOS – VERONIKA BÓNÉ

Research in progress

RESEARCH ON FOLLOW-UP AND EFFECTIVENESS EVALUATION OF MENTAL HEALTH TRAINING

Principal investigator: Bernadett Asztalos

Aim: In 2027, it will be 40 years since the university-level continuing education program in mental health was first offered at Semmelweis University. The research aims to examine how graduates have applied what they learned here and how they have integrated it into their work.

Participants: Bernadett Asztalos, Gábor Semsey

Existing database(s): none at present

Opportunity to join: none

Research group: Research Group on Educational Effectiveness and Methods