



APPLICATION OF A POTENTIAL SUPERVISOR in the recruitment process of doctoral students and participants and/or TUTOR/SCIENTIFIC TUTOR of the extramural/external mode ("mode E") at SWPS University	
Name and surname of the supervisor	Ewelina Smoktunowicz
Name of the research center/research group/artistic group to which the supervisor belongs	StresLab: Stress Research Centre
<p>List of the most important scientific publications, completed and ongoing research grants; link to ORCID and/or to the ResearchGate / Academia.edu profile (or other website presenting scientific/artistic achievements)</p>	<p>Publications: https://orcid.org/0000-0002-1748-3876</p> <p>Research grants:</p> <p><i>"SMILE: Supporting Mental Health in Young People: Integrated Methodology for cLinical dEcisions and evidence-based interventions"</i> awarded by European Union (Horizon Europe); 05/2023 – 10/2026; 338 837, 50 € (Polish budget); Partner in consortium & Principal Investigator for Polish partner</p> <p><i>"Multidimensional structure of work-family and family-work conflict: does it matter? Consequences for stress, and job and family satisfaction."</i> awarded by the National Science Centre in Poland (SONATA); 10/2021 – 09/2027; 420,216 PLN; Principal Investigator</p> <p><i>"Med-Stress: Internet Intervention Preventing Job Stress Among Medical Professionals."</i> awarded by the National Centre for Research and Development in Poland; 01/2017 – 12/2019; 564, 146 PLN; Principal Investigator</p> <p><i>"Beyond Work: expanding Job Demands-Resources model by introducing own and life partner's non-work related resources."</i> awarded by the National Science Centre in Poland, Doctoral grant (PRELUDIUM); 07/2013 – 07/2016; 94,213 PLN; Principal Investigator</p>
Discipline for a future doctoral dissertation (possible: sociology, political and administrative sciences, culture and religion sciences, literary studies, psychology, fine arts and art conservation)	Psychology
<p>A brief description of the research directions pursued by the supervisor (a few sentences describing the scientific/artistic specialization; main research problems; scientific interests) and a possible link to the website/research team</p>	<p>My research centers on designing and evaluating the effectiveness of internet-based interventions (i.e., technology-assisted psychological programs) in the areas of occupational health, resilience, and the work-family interface. In the upcoming years I will mostly focus on behavioral interventions designed to operate at the level of couples and designed to improve well-being at the intersection of work and family/home. Additionally, I am interested in exploring strategies to expand the reach and applicability of these interventions. To achieve this, I experiment with</p>

	various delivery methods (e.g., social media platforms, communication apps) and focus on enhancing key psychological variables, such as self-efficacy.	
Thematic areas of planned doctoral dissertations	Internet interventions in the field of occupational health/ work-family/well-being/stress (with a particular focus on dual-earner couples).	
Number of people that the supervisor / scientific supervisor would be able to accept as a result of recruitment in the academic year 2026/2027:	to the Doctoral School (doctoral scholarship financed by SWPS University)	Number: 2
	for national and international research projects or grants (doctoral scholarship financed from grant funds)	Number: Project name:
	to the Industrial Doctorate program (doctoral scholarship financed by the Ministry of Science and Higher Education)	Number:
	for external mode (no doctoral scholarship)	Number:
Number of currently conducted doctorates:	in Doctoral School	Number: 1
	in external mode	Number:
The number of doctoral students promoted so far , along with the year of completing their doctoral degrees:	0	
RECRUITMENT Candidates should contact their selected potential supervisors who are members of centers and/or research teams		
Conditions to be met by the candidate in the field of: scientific interests; scientific competences; achievements to date; knowledge of foreign languages; social competences; availability, etc.	<p>Scientific Interests Technology-assisted solutions in the field of occupational health psychology, with a particular focus on the work/family interface, stress, and job- and family-related well-being.</p> <p>Scientific Competencies</p> <ul style="list-style-type: none"> • Proven scientific achievements, including publications, conference presentations, and posters. • Strong analytical thinking skills. • Advanced knowledge of statistical methods, with a willingness to learn and apply more advanced techniques. • Proficient writing skills, particularly the ability to clearly express ideas and report findings in English, along with a readiness to further enhance these skills. <p>Languages Fluent in English, both spoken and written.</p>	

	<p>Social Competencies</p> <ul style="list-style-type: none"> • Effective team collaboration. • Perseverance in achieving goals. • Strong sense of accountability. <p>Availability Available approximately 7–8 hours per day, Monday through Friday.</p>
<p>Preferences regarding contact with the candidate during recruitment</p>	<p>x E-mail contact: please provide e-mail address: <i>esmoktunowicz@swps.edu.pl</i></p> <p><input type="checkbox"/> Telephone contact: <i>please provide phone number: _____</i></p> <p>x Personal meetings (<i>by prior arrangement by e-mail/telephone</i>)</p> <p><input type="checkbox"/> All forms of contact</p>
<p>Preferred dates, times and location (in the period March-June 2026) in order to conduct an interview with the candidate</p>	-
<p>Information about possible absence preventing candidates from contacting a potential supervisor (with dates)</p>	June 15 th – June 25 th ; limited availability due to conferences