

Dagmara Budnik-Przybylska, Ph.D.

Email: [Dagmara.budnik-przybylska@ug.edu.pl](mailto:Dagmara.budnik-przybylska@ug.edu.pl)

Phone number: 0048695435286

### **Education and work experience**

1997- 2002

University of Gdańsk - Faculty of Social Sciences

field of study: psychology

specializations: Clinical Psychology, Organisational and Management Psychology

Master's degree: 2002

Master's thesis title: The quality of marital relationship in the light of research with 16-factor Cattell's Personality Questionnaire

2002- 2005

University of Gdańsk - Faculty of Social Sciences

Faculty: Education of the intellectually disabled with individual therapy - bachelor studies

2005-2008

University of Gdańsk, Institute of Psychology, employment as an assistant

2003- 2008

University of Gdańsk - doctoral studies

D. degree in Psychology: 26.06. 2008

Dissertation title: Psychological characteristics of karate adepts.

from 2008 till now

University of Gdańsk, Institute of Psychology, employment as Assistant Professor

2004- 2006

Kashubian-Pomeranian High School in Wejherowo- Vocational counseling- postgraduate studies

2008-2009

University of Gdańsk - Psychology of sport - postgraduate studies

### **Cooperation**

Cooperation with national and Olympic teams since 2007: sailing, shooting, judo, fencing

Cooperation in research projects with foreign centres: College of Sport and Exercise Science and

Institute of Sport, Exercise and Active Living (ISEAL), Victoria University, Melbourne, Australia, Utah State University,

Anglia Ruskin University, University "G. d'Annunzio" of Chieti-Pescara

Cooperation with the Neuro- Device Company - Research on imagery

Member of the Polish Psychological Association, board member of the Sports Psychology Section of the Polish Psychological Association, member of European Federation for Sport Psychology (FEPSAC).

Termedia Publishing: Current Issues in Personality Psychology: Guest Editor - 2018

International Journal of Environmental Research and Public Health: Guest Editor 2021-2022

First class certified sport psychologist and five times nominated Olympic Psychologist.

Deputy head of the Sport Psychology postgraduate programme since 2007.

Presented at over 50 scientific conferences in Poland and abroad, including the World Organisation of Sports Psychology (held like the Olympic Games every four years) (2009, 2013, 2017, 2021) and

European Federation of Sports Psychology (held similarly to the Olympic Games every four years) (2007, 2011, 2015, 2019).

Chairperson of the organising committee and member of the scientific committee of the national conference on Practical Sports Psychology 2016, 2018, 2021

Coordination of tutoring programme for students - sport athletes National Academic Representation - 2021

### **Projects and grants**

1. UGrants small grants programme -First - 2021

2. Miniatura 5 -2021- Psychophysiology of imagery in sport

3. Co-construction of training content in Sport Psychology and Mental Preparation in Europe

"EURO\_MENTAL" -Erasmus+

programme to IT02 - Agenzia Nazionale Erasmus+ - INDIRE in Italy - 2021-2023 - Principal Investigator in Poland

4. Effects of time restriction in food intake and endurance training on markers of health in older women - co-investigator

Registry number: 2020/37/B/NZ7/01794 NCN Call title: OPUS-19 2021-05-05 - 2025-05-04

5. "Development of competences expected by employers in male and female students of psychology and English philology

co-financed by the European Union under the European Social Fund

-diagnostician- in the academic year: 2016/2017,2017/2018

Programme co-financed by the European Union from the European Social Fund-Human Capital-SIOKO

Nr.p 13/0510/UR/UE, 2010-2012, Preparation of the Polish National Team of various disciplines - London 2012,

6. Research projects of young scientists University of Gdańsk in 2009-2012; own research

### **Foreign Interships**

Departures under the "Erasmus plus" programme for research and teaching staff

United Kingdom, Anglia Ruskin University: 2017, 2018

Italy, University "G. d'Annunzio" of Chieti-Pescara: 2019, 2022

### **Awards:**

National Education Medal, August 23, 2013, Ministry of National Education

Bronze Medal for Long Service, September 11, 2018, President of the Republic of Poland

The Rector's Award, October 11, 2021, Rector of University of Gdansk

### **Plenary Lectures**

Budnik-Przybylska, D. (2018) Imagery in sport - theory, research, practice, 5th National Conference Scientific Practical Sport Psychology. Comprehensive development of the athlete, 10-11.05.2018, Gdańsk, Poland

Dagmara Budnik-Przybylska (2018) Treatment of soul and body and physical activity, sport and sport psychology. Treatment of body and soul. On co-occurrence of somatic diseases and affective disorders" 23.02. 2018, Gdansk, Poland

### **Conference presentations**

Budnik, D. (2007). Personality traits' changes of students from either classes with or without

additional physical education, 12th European Congress of Sport Psychology. Sport and Exercise Psychology. Bridges between disciplines and cultures, 4-7.09.2007, Halkidiki , Greece

Budnik, D. (2008). Marital satisfaction in families with handicapped child, International Association of Relationship Research Conference, 17-21.07.2008, Providence, USA, IARRC

Budnik, D. , Kaźmierzak, M. (2008). Mental training in the context of personal attributes. Conclusions for personality and individual differences psychology, 1st World Congress on Excellence in sport and life, Beijing, China, 24-27.08.2008, International Society for Mental Training and Excellence (ISMTE)

Graczyk, M., Budnik, D. (2008). Portrait of a psychologist, his role and task realization in the light of opinions expressed by Olympic training coaches and athletes , 1st World Congress on Excellence in sport and life, Beijing, China, 24-27.08.2008, International Society for Mental Training and Excellence (ISMTE)

Budnik, D. (2009). Copenhagen Process. New Vocational for the New Economy 10.12.2009, Bruksela, Belgia, Group of the Progressive Alliance of Socialists and Democrats in the European Parliament

Budnik, D., Przybylski, J. (2009). Self-concept paradigm of sport athletes, 12th World Congress, Meeting New Challenges and Bridging Cultural Gaps in Sport and Exercise Psychology? 17-21.07.2009, Marrakech, Morocco, International Society of Sport Psychology (ISSP)

Gordin, R., Budnik, D.(2009). Psychometric testing and service delivery in sport psychology: a review of a Polish-American collaboration, 12th World Congress, Meeting New Challenges and Bridging Cultural Gaps in Sport and Exercise Psychology? 17-21.07.2009, Marrakech, Morocco, International Society of Sport Psychology (ISSP)

Budnik-Przybylska D., Przybylski J. (2011). Progressive muscle relaxation training, physiological parameters and mood state. "Sport and Exercise Psychology: Human Performance, Well-Being and Health", The 13th European Congress of Sport Psychology 12-17.07.2011 , Portugal, Madeira, FEPSAC

Budnik-Przybylska D., Przybylski J. (2013) Positive mental training to preparing for London 2012 in 49er sailing teams – The SIOKO project, The development of expertise and excellence in applied sport psychology FEPSAC Conference, 18-19.05.2013, Paris, France

Budnik-Przybylska, D., Karasiewicz, K., Morris, T., Watt, A., (2013) Factorial Validity of the Sport Imagery Ability Measure among Polish Athletes, 13th World Congress of Sport Psychology, 21-25 July 2013, Beijing, China

Watt A. P, Ruiz M. C. Budnik-Przybylska D & Morris T.(2014) Re-considering group categorizations in the examination of differences in the imagery processing of athletes, Asian-South Pacific Association of Sport Psychology 7th International Congress, 7-10.08.2014, Tokyo

Budnik-Przybylska D. , Przybylski J. Przybylski, S. (2015) The relationships between the mood and the training effectiveness in the national finswimming team, XIV European Congress of Sport Psychology "Sport Psychology- Theories and applications for performance, health and humanity, 14-19 July 2015, Switzerland, Bern

Budnik-Przybylska D. (2015), Reliability and validity of the imagination in sport questionnaire with Polish athletes, XIV European Congress of Sport Psychology "Sport Psychology-Theories and applications for performance, health and humanity, 14-19 July 2015, Switzerland, Bern

Basevitch, I., Prosoli, R., Budnik-Przybylska, D., Swain, P., Challis, B., & McDonald, K. (2017). The relationship between imagery ability, experience and perceived coaching ability among judo coaches. In ISSP 14th World Congress in Sport Psychology. 10-14 July 2017

Budnik-Przybylska, D., Przybylski, J., Malej, K., (2017) Psychophysiology of Sport Imagery. ISSP14th World Congress in Sport Psychology. Sevilla, 10-14 July 2017

Budnik-Przybylska, D.; Przybylski, J., Karasiewicz, K. (2018) Imagery, temperament and personality in sport. The 22nd Occasional Temperament Conference. A multidisciplinary approach to the study of temperament, Murcia, Spain

Budnik-Przybylska, D., Przybylski, J., Krawczyński, M., Nowicki, D. (2018), Mental toughness and imagery vs anxiety in individual and team sports - AASP's 33rd Annual Conference- Toronto, 3-6. 10.2018

Budnik-Przybylska, D., Kazmierczak, M., Weremij A. (2019) Personal Differences and Predictors of Imagery in Dancers, FEPSAC's 50th Anniversary Congress, Munster, 15-20.07.2019

Budnik-Przybylska, D., Kastrau, A., Jasik, P., Kaźmierczak, M., Doliński, Ł., Syty, P., Łabuda, M., Przybylski, J., di Fronso S., Bertollo, M. (2021), Neural Oscillation During Mental Imagery in Sport: an Olympic Sailor Case Study, Research in Imagery and Observation, Conference Online 2021

Budnik-Przybylska, D., Przybylski, J. (2021), Does imagery ability predict mental toughness in sport? ISSP 15th World Congress, 30.09.-04.10. 2021

Budnik-Przybylska, D., Huzarska, I., Karasiewicz, K. (2022) Does imagery ability matter for the relationship between temperament and self-confidence in team and individual sport disciplines? Research in Imagery and Observation, Conference Online 2022

Budnik-Przybylska, D., Syty, P., Doliński Ł., Łabuda, M., Kastrau, A., Jasik, P., Kaźmierczak, M., Przybylski, J., di Fronso, S., Bertollo, M. (2022) Guided and Self-Produced Imagery – Differences in Skin Conductance Level, The 16th European Congress of Sport Psychology, 11-16.07.2022, Podova, Italy

Czyczel, A., Makurat, F., Budnik-Przybylska, D., Morris, T. (2022) Effect of Imagery training on football players, The 16th European Congress of Sport Psychology, 11-16.07.2022, Podova, Italy

Guillet Descas, E., Lautenbach, F., Gustafsson, H., Miguel Leo Marcos, F., Berchicci, M., Bertollo, M., Budnik-Przybylska, D., Nicaise, V., Martinent, G., Robazza, C. (2022) State of art of mental training courses in Europe: Italy, France, Germany, Poland, Spain and Sweden, The 16th European Congress of Sport Psychology, 11-16.07.2022, Podova, Italy

#### **Reviews of articles in scientific journals:**

Current Issues in Personality Psychology

Scientific Papers of University of Physical Education in Wrocław

Baltic Journal of Health and Physical Activity

International Journal of Environmental Research and Public Health

International Journal of Sport and Exercise Psychology.

Psychological Reports

Ars Educandi

Developmental psychology

#### **Membership**

Member of the Polish Psychological Association, board member of the Sports Psychology Section of the Polish Psychological Association, member European Federation for Sport Psychology (FEPSAC).

#### **Publications concerning imagery and sport psychology from 2014**

Budnik-Przybylska, D., Huzarska, I., & Karasiewicz, K. (2022). Does imagery ability matter for the relationship between temperament and self-confidence in team and individual sport disciplines?. *Frontiers in Psychology, 13*.

Kujawa, W., Zabieglński, K., & Budnik-Przybylska, D. (2022). Personal determinants of body image considering people practicing physical activity. *Polish Psychological Bulletin, 32-39*.

Krawiec, J., & Budnik-Przybylska, D. (2021). Models of injury and practical tips for using imagery in rehabilitation. *Studies in Sport Humanities, 29*.

- Budnik-Przybylska, D., Kastrau, A., Jasik, P., Kaźmierczak, M., Doliński, Ł., Syty, P., ... & Bertollo, M. (2021). Neural oscillation during mental imagery in sport: an olympic sailor case study. *Frontiers in Human Neuroscience*, 15.
- Budnik-Przybylska, D., Kaźmierczak, M., Karasiewicz, K., & Bertollo, M. (2021). Spotlight on the link between imagery and empathy in sport. *Sport Sciences for Health*, 17(1), 243-252.
- Budnik-Przybylska, D., Kuchta D. (2020). Is There a Relation between Temperamental Predispositions and the Use of Imagery in Young Athletes?, *Developmental Psychology*, 2/ 25
- Budnik-Przybylska, D., Karasiewicz, K., & Kukiełko, T. (2020). Imagery, personality and injury perception in sport-mediating the effect of injury perception and imagery. *Acta Neuropsychologica*, 18(4).
- Budnik- Przybylska, D., Karasiewicz K., (2020) Reliability and validity of the Polish version of the Sport Imagery Ability Questionnaire (SIAQ), *Polskie Forum Psychologiczne*, 2.2020
- Budnik-Przybylska, D., Kaźmierczak, M., Przybylski, J., & Bertollo, M. (2019). Can Personality Factors and Body Esteem Predict Imagery Ability in Dancers?. *Sports*, 7(6), 131.
- Budnik-Przybylska, D. (2019). Personality trait profiles of karate practitioners. (In:) Budnik-Przybylska, D., Przybylski, J. Tarnowski, J. *Studia Humanistica Gedanensia*, vol. 6. pp. 156-172
- Budnik-Przybylska, D., Przybylski, J. (2019). The concept of Self in people practicing different sports (in:) Budnik-Przybylska, D., Przybylski, Tarnowski, J. *Studia Humanistica Gedanensia*, Vol. 6, pp. 141-155
- Budnik-Przybylska Dagmara, Przybylski Jacek, Tarnowski Józef (eds.): *Studia Humanistica Gedanensia*, vol. 6, 2019, University of Gdańsk, ISBN 83-910605-5-1, 236 p
- Budnik-Przybylska, D., Staniszewski, C. (2019). Coach-athlete-parent communication in sport shooting (in:) Kurzawski, K. *Sport Shooting. Modern training solutions. Notebook16*. s. 89-93
- Budnik-Przybylska, D., Przybylski, J., Krawczyński, M., Nowicki, D. (2018). Mental toughness and imagery vs. anxiety in individual and team sports *Odporność, The Review of Psychology*, TOM 61, Nr 1, 117-126
- Basevitch, I., Prosoli, R., Budnik-Przybylska, D. and Rossato, C. (2018) Anticipation and imagery skill level differences of judo coaches. In: *Movement: Journal of Physical Education and Sports Sciences: The 5th International Congress of Exercise and Sport Sciences: Book of Abstracts. The Academic College at Wingate*, pp. 228-229. ISSN 6391-0792
- Budnik-Przybylska, D., Przybylski, J., & Przybylski, S. (2018). Does higher effectiveness means better mood? Training effectiveness and mood alternations in the national finswimming team-an interdisciplinary study. *Baltic Journal of Health and Physical Activity*, 10(4).
- Przybylski, J., Budnik-Przybylska, D., & Rosiak, O. (2018). Mental training techniques in recovery from injury. *Scientific Dissertations of the Academy of Physical Education in Wrocław*, 61, 40-48.
- Stępiak, M., & Budnik-Przybylska, D. (2017). Introduction to imagery training in working with swimmers by using the Sports Imagery Ability Measure (SIAM). *Journal of Education, Health and Sport*, 7(8), 664-683.
- Bidzan-Bluma, I., Pielak, M., & Budnik-Przybylska, D. (2017). The dynamics of cognitive functioning in the process of preparing a contestant for a triathlon. A case study with the use of the author's neuropsychological support program. *Acta Neuropsychologica*, 15(2).
- Rolak, B., & Budnik-Przybylska, D. (2017). CROSSFIT–mental training. Case study. *Journal of Education, Health and Sport*, 7(8), 636-663.
- Przybylski, J., Budnik-Przybylska, D., & Przybylski, S. (2017). Self-efficacy of swimmers of the Polish Paralympic Team for RIO2016. *Scientific Yearbook/Academy of Physical Education and Sport named after Jędrzej Śniadecki*, 27.
- Budnik- Przybylska, D., Szczypińska, M., & Karasiewicz, K. (2016). Reliability and validity of the Polish version of the Movement Imagery Questionnaire-3 (MIQ-3) *Current Issues in Personality Psychology*,

4(4), 2016

Przybylski, J., & Budnik-Przybylska, D. (2016). Mental toughness, reactions to competition, and imagery in sport. [In:] Brodnicki, M., Makurat, F., Niemirycz-Makurat, A. (eds.): Selected issues in nutrition education and physical activity [s. l.] : Talkom,

Zienowicz, A., Parzelski, D., & Budnik-Przybylska, D. (2015). The attitude of the coach to the philosophy of karate and his system of values and attitudes and value systems of its students. *Journal of Education, Health and Sport*, 5(9), 149-169.

Budnik-Przybylska, D., Przybylski, J., (Positive) mental training in the preparation of the 49er sailing team for the London 2012 Olympic Games [in:] Wilczyńska D., Makurat F. (2015) (ed.) *Positive psychology in physical activity and physiotherapy* Publisher Athenae Gedanenses, Gdansk, Poland, pp. 81-95

Budnik-Przybylska, D., Lewandowska-Walter, A., & Czyżyk, P. (2015). Subjective and objective determinants of the satisfaction from the cooperation in a dance couple. *Health Psychology Report*, 3(1), 35–46.

Budnik-Przybylska, D. (2015). Changing in motivation for practising karate as individuals gain experience through training. *Psychological and Pedagogical Sciences*, (3), 77-85.

Budnik-Przybylska D., Przybylski J. (2016) Mental training in rehabilitation after surgery –case report. *Journal of Education, Health and Sport*. 6(12):400-411.

Budnik-Przybylska, D. (2014). The Imagination in Sport Questionnaire–reliability and validity characteristics. *Current Issues in Personality Psychology*, 2, 68-80.

Budnik-Przybylska, D., Karasiewicz, K., Morris, T., & Watt, A. (2014) Reliability, factor structure, and construct validity of the Polish version of the sport imagery ability measure. *Current Issues in Personality Psychology*, 2(4), 196-207

Budnik-Przybylska D., Przybylski J. (2014) Mental training help in coping with stress and effective functioning in managers. [in:] T. Konieczny *Stress in organizations*, Harmonia Universalis, Gdańsk, p.127-154

Osmański, P., & Budnik-Przybylska, D. (2014). Fencers' experiences associated with sport injury. *Journal of Health Science*, 4(15).

Budnik-Przybylska D., Przybylski J. (2014) Selected elements of mental training in water rescue. [in:] *Water rescue, swimming sport and physical culture in theory and practice*. Scientific editors; Waldemar Moska, Stanisław Przybylski, Dariusz Skalski pages 145- 159 Gdańsk 2014 Publishing House AWFIS

#### **Other conference presentations from 2014**

-Kujawa, W., Zabieglński, K., Budnik-Przybylska, D.(2021) - Personal determinants of body image perception in people practicing physical activity- *Practical Sports Psychology*, Gdańsk, 13-14.05.2021

- Budnik, N., Kantypowicz, A., Budnik-Przybylska, D.(2021) - Imagery, body image and orthorexia - *Practical Sports Psychology*, Gdańsk, 13-14.05.2021

- Budnik-Przybylska, D., Kastrau, A., Jasik, P., Kaźmierczak, M., Doliński, Ł., Syty, P., Łabuda, M., Przybylski, J., di Fronso, S., Bertollo, M. - Neuronal oscillation during imagining sport events: a case study of an Olympic sailor - *Practical Sports Psychology*, Gdańsk, 13-14.05.2021

- Budnik-Przybylska, D; Przybylski, J. (2021)-"How imagery skills relate to mental toughness in sport, *Practical Sport Psychology*, 13-14.05. 2021

- Czyczel, A., Makurat, F., Budnik-Przybylska, D., Morris, T.(2021)-Imagery and training of football players-*Practical Sport Psychology*, Gdańsk, 13-14.05.2021

- Budnik-Przybylska, D., Przybylski, J.(2020) Imagery and mental toughness in musicians, 1st *Psychology Conference of Sport Online*, 19.06.2020

- Budnik-Przybylska, D. (2019), Collaboration between sports psychologist and psychiatrist in the care of a professional athlete. Congress Psychiatry Medforum, Wisła, 12-14.12.2019
- Budnik-Przybylska, D. Staniszewski, C., (2019), Communication in sport shooting, Sport shooting training conference, Wrocław, 15.12.2019
- Budnik-Przybylska, D. (2019), Communicating in the Coach-Parent-Athlete model 2019, Pomeranian Sports Federation Conference, Gdansk, 27-28.09.2019
- Rosiak, O., Budnik-Przybylska D., Przybylski J. (2018), Mental training techniques in recovery from injury, Practical Psychology of Sport, Gdansk, Poland, 10-11.05.2018
- Budnik-Przybylska D. , Przybylski J. , Przybylski S., (2017), Psychophysiological functioning of Paralympic swimming team athletes - 36th PTP Congress, Gdańsk, 22-24.09.2017
- Budnik-Przybylska, D., Kaźmierczak, M. (2016), Empathy and imagination in sport, Practical Fourth National Scientific Conference in the series Practical Sports Psychology under the title: Psychological concepts in sports and health training - new challenges. 19-20 May, 2016, Gdańsk
- Budnik-Przybylska, D., Przybylski, J., Malej, K. (2016), Psychophysiology of imagination in sport. IV National Scientific Conference in the series Practical Sports Psychology under the title: Psychological concepts in sports and health training - new challenges. 19-20 May, 2016, Gdańsk
- Budnik- Przybylska, D., Szczypińska, M., & Karasiewicz, K. (2016) Validation of the accuracy and reliability of the Polish version of the MIQ-3 movement imagery questionnaire. IV National Scientific Conference in the series Practical Sports Psychology under the title Psychological concepts in sport and health training - new challenges. 19-20 May, 2016, Gdańsk
- Budnik- Przybylska, D. (2016). Imagery in sport. II National Scientific Conference of Students and Doctoral Students, Psychology in sport - challenges, opportunities, limitations, April 11, 2016
- Budnik- Przybylska, D. .D., Szczypińska, M., & Karasiewicz, K (2016) Validation of the accuracy and reliability of the Polish version of the MIQ-3 movement imagery questionnaire III Conference "Psychology in sports of children and adolescents", Warsaw, 9 April 2016
- Budnik- Przybylska, D. (2016). Concentration in sport, Pyeongchang 2018 Olympic Training Coaches Conference, In the framework of the Coaching Academy, 18 May 2016, Spała
- Budnik-Przybylska D.(2015). About imagery in sport scientifically and practically, II National Symposium The way to the pole of championship. 4-5 December 2015, Gdynia
- Budnik-Przybylska D. , Bidzan I., Lipowski M., Przybylski J., (2015) Life attitude of fans of a mass sports event on the basis of Euro 2012, X National Conference of Health Psychology, 15-17 May 2015, Gdańsk
- Budnik-Przybylska D. , Przybylski J. (2014) Relaxation training, elements of visualization and physiological parameters, XXXV Scientific Congress of PTP , Psychology in the changing world 18-21 September 2014, Bydgoszcz
- Budnik-Przybylska D. , Przybylski J., Ziółkowski A., Włodarczyk P. (2014) Empathy and stress in athletes in early adulthood, XXXV Scientific Congress of PTP , Psychology in the changing world 18-21 September 2014, Bydgoszcz