

**Klaipėda University Strategic Research Direction
„Towards Sustainable Health and Well-being“
Application for Postdoctoral Internship topic (2022-2024)**

The title of the internship topic	Effectiveness of Complementary Medical Therapy on Mental Health (PaTT)
Field (s) of internship, starting unit, beginning, duration	Health Research and Innovation Science Center
Brief description of the topic	<p>During cancer treatment, some patients experience severe psychological distress, manifested by depression and anxiety. This can happen even after the cancer is treated. These psychological disorders can increase the burden of symptoms and can have a serious impact on health-related quality of life. Studies have shown that mental health problems are associated with decreased immune function among cancer patients, leading to a higher incidence of infections and in some cases a reduction in tolerance to cancer treatment. The diagnosis of cancer also has a huge impact not only on the sufferers themselves, but also on their family members and can cause an emotional reaction like shock, doubt, anxiety and depression.</p> <p>Complementary and alternative medicine therapies have been used for a long time in cancer patients (US and other countries) and in some countries many different therapies are practiced. This growth in demand for additional and alternative medicine services is also noticeable among the adult population of Lithuania. The project of complementary and alternative medicine prepared by the Ministry of Health (SAM) and submitted to the Government for consideration, which would regulate this field of medicine for the first time in the history of Lithuania, only encourages greater interest and the need to properly evaluate the effectiveness of these therapies.</p> <p>This is why it is necessary to study the effectiveness and benefits of complementary medical therapies for the mental health of patients and their relatives.</p> <p>Objective - to evaluate the effectiveness of complementary medicine for the mental health and recovery of cancer patients and their relatives.</p> <p>Tasks:</p> <ol style="list-style-type: none"> 1. To theoretically substantiate the effects of complementary medical therapy on the mental health of cancer patients and their relatives. 2. Study of the effect of therapy (intervention study)
Compliance of the topic with the goals and priorities of the strategic research direction	Enrich the development of strategic research topic „Towards Sustainable Health and Well-Being“ of the KU Health Science Faculty
Planned interim and final results (scientific output: publications, reports, etc.)	4 scientific papers published in <i>CA WoS</i> or <i>Scopus</i> , 3 presentations in international conferences
Requirements for a candidate	Doctor in science, excellent academic English language skills
Existing research infrastructure and support	The resources of Health Research and Innovation Science Center
Potential supervisor [contact person for the topic]	Dr. Alona Rauckienė- Michaelsson alona.rauckiene-michaelsson@ku.lt

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<p>Work that has been started and is to be continued in the suggested topic</p>	<p>Publications:</p> <ol style="list-style-type: none"> 1. Fatkulina, Natalja; Hendrixson, Vaiva; Rauckiene-Michealsson, Alona; K Arturas; Agostinis Sobrinho, Cesar. Dance/movement therapy as an intervention in review // Evidence-based complementary and alternative medicine. London : Hindav 4288. 2021, vol. 2021, art. no. 4989282, p. [1-6]. DOI: 10.1155/2021/4989282. [Ac MEDLINE; Science Citation Index Expanded (Web of Science)] [M.kr.: M 001, (2020, InCites JCR SCIE)] [Aut. ind.: 0,166] 2. Ramírez-Vélez, Robinson; Zambom-Ferraresi, Fabiola; García-Hermoso, Antonio Michealsson, Alona; Agostinis-Sobrinho, César. Evidence-based exercise rec wellbeing in women with breast cancer during active treatment: a systematic rev Basel : MDPI. eISSN 2072-6694. 2021, vol. 13, iss. 2, art. no. 264, p. 1-28. DOI: 1 Scopus; MEDLINE; Science Citation Index Expanded (Web of Science)] [M.kr.: InCites JCR SCIE)] [Aut. ind.: 0,166] 3. Kievisiene, Justina; Jautakyte, Rasa; Rauckiene-Michaelsson, Alona; Fatkulina, Natalja; Agostinis Sobrinho, Cesar. The effect of art therapy and music therapy on breast cancer patients: what we know and what we need to find out - a systematic review // Evidence-based complementary and alternative medicine. London : Hindawi. ISSN 1741-427X. eISSN 1741-4288. 2020, vol. 2020, art. no. 7390321, p. [1-14]. DOI: 10.1155/2020/7390321. [Academic Search Complete; Scopus; MEDLINE; Science Citation Index Expanded (Web of Science)] [M.kr.: S 007,M 001,M 004] [Citav. rod.: 2,630 (2020, InCites JCR SCIE)] [Aut. ind.: 0,200] 4. Agostinis Sobrinho, Cesar A.A.; Zambom-Ferraresi, Fabiola; Rauckiene-Michaelsson, Alona; García-Hermoso, Antonio; Kievisiene, Justina; Ramírez-Vélez, Robinson. A meta-analytic approach to understanding the effects of physical exercise recommendations on fatigue and anxiety levels in women with breast cancer during active treatment // Medicine and science in sports and exercise. Philadelphia : Lippincott Williams & Wilkins. ISSN 0195-9131. eISSN 1530-0315. 2021, vol. 53, iss. 8S, p. 472. DOI: 10.1249/01.mss.0000764764.38668.63. [Academic Search Complete; Conference Proceedings Citation Index - Science (Web of Science)] [M.kr.: M 004]