

ROBERT BARTEL PIERSON



National Academy of Scientist Education, 5th year

Semmelweis University
Faculty of Medicine, 5th year

YEAR OF BIRTH

2000

FORMER SZENT-GYÖRGYI PUPIL

no

SZENT-GYÖRGYI MENTOR

Péter Ujma

JUNIOR MENTOR

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SPECIALIZATION

sleep research,
differential psychology

SECONDARY SCHOOL

Piarist High School in
Kecskemét

NAME OF TEACHER

Ildikó Kiss

LANGUAGES

English/native
German/B2 complex

IMPORTANCE, AIMS AND POSSIBLE OUTCOME OF RESEARCH

The study aims to define, supported by a larger number of cases and EEG measurements compared to previous publications, how personality relates to self-reported and objectively measurable chronotype and trait-level characteristics like diet, physical activity, and emotional effects. Our expected results hold scientific and clinical significance. Most importantly, our investigation would enable a finer analysis of daily events' impact on sleep. This could contribute to formulating specific recommendations for promoting better sleep, from which even a general medical practice could benefit. This is particularly relevant in a 21st-century society where sleep issues and the prevalence of insomnia reach up to 30%. These factors reduce mental and physical performance and increase the risk of mortality.

AMBITIONS AND CAREER GOALS

I aim to pivot my career towards a deeper understanding of the relationship between mental and physical health. My pathway involves pursuing a PhD, followed by a specialization in psychiatry. Subsequently, I plan to broaden my horizons by acquiring continuous academic and clinical experience, and exploring additional training opportunities to enhance the multidisciplinary approach I envision.

HONORS AND PRIZES

- 2024 SE Students' Scientific Conference, 1st place
- 2023 HMAA Conference, 1st place - Excellence in Preventive Medicine and Health Sciences Award and Special Award: „Best North American student lecture” Award
- 2023 30th Students' Scientific Conference, Special Award - Personality traits and Chronotype as part of Complex Research
- 2023 36th National Scientific Student Conference, Participation - Personality traits and chronotypes association as part of BSETS
- 2023 XXVII Korányi Frigyes Scientific Forum, 3rd place - Lecture and Poster presentation on „Personality traits and chronotypes association as part of BSETS”
- 2023 Semmelweis University Scientific Student Conference, 1st place - Personality traits and chronotypes association as part of BSETS
- 2022 I. György Romhányi Conference, 3rd place - Effects of Traits and Daily Events on Natural Differences in Sleep EEG

PUBLICATIONS

Taji, W., Pierson, R., Ujma, PP. (2023) Protocol of the Budapest sleep, experiences, and traits study: An accessible resource for understanding associations between daily experiences, individual differences, and objectively measured sleep. *PLoS One* **18(10)**: e0288909.