

## Curriculum Vitae



### Personal informations:

**Name:** Csilla Kata Karóczy  
**Place and date of birth:** Nyíregyháza 1986.09.29.  
**E-mail:** karoczics@gmail.com  
**University:** Semmelweis University Faculty of Health Sciences,  
Physiotherapy Msc

### Education:

1993-1999 József Bem Elementary School, Nyíregyháza  
1999-2005 Gyula Krúdy special six- year Secondary School, Nyíregyháza  
2008-2012 Semmelweis University Faculty of Health Sciences Physiotherapy Bsc  
Programmes  
2014- Semmelweis University Faculty of Health Sciences Physiotherapy Msc  
Programmes

### Languages:

English intermediate (B2) level

### Research Experience:

Since 2009 Student's Scientific Association (TDK)

**Laboratory:** Semmelweis University Faculty of Health Sciences, Institute of  
Basic Health Sciences, Department of Morphology and  
Physiology

**Scientific topic:** Preserve functional abilities in elderly

**Supervisor:** Éva Kovács MD.

### Scientific results / Study competition results:

**2009** Semmelweis University Faculty of Health Sciences XXXII. Semmelweis  
University's Student's Scientific Association: Standard prize

**2010** Semmelweis University Faculty of Health Sciences XXXIII. Semmelweis

- University's Student's Scientific Association: Standard prize, Special Award for the Association of Hungarian Physiotherapists
- 2011** Semmelweis University Faculty of Health Sciences XXXIV. Semmelweis University's Student's Scientific Association: 1st place
- 2012** Semmelweis University Faculty of Health Sciences XXXV. Semmelweis University's Student's Scientific Association: 1st place, Standard prize
- 2013** XXXI. National Scientific Students' Associations Conference Szeged, 1<sup>st</sup> place  
XXXI. National Scientific Students' Associations Conference Szeged, 2<sup>nd</sup> place  
The Hungarian Society for Medical Rehabilitation and Physical Medicine, A special forum for young rehabilitation team members „FiFo” 1<sup>st</sup> place
- 2014** Bajcsy-Zsilinszky Hospital and Clinic, Health care professional applications 1<sup>st</sup> place

#### **Awards:**

- 2010** Scholarship of the Hungarian Republic
- 2011** Semmelweis University Excellence List
- 2014** Stephen W. Kuffler Research Scholarship

#### **Conference attendance:**

August 29-31. 2013, The Hungarian Society for Medical Rehabilitation and Physical Medicine, Miskolc XXXII. itinerary congress

#### **Publications:**

É Kovács, Cs K Karóczi, I Kriszbacher .: 2011. Factors influencing the physical activity of women of working age (A magyar munkaképes korú nők fizikai aktivitását befolyásoló tényezők.) Nővér, 2011; 24(4): 21-27. ISSN: 0864-7003

É. Kovács, I. Sztruhár Jónásné, C. K. Karoczi, Á. Korpos, T. Gondos.: Effects of a multimodal exercise program on balance, functional mobility and fall risk in older adults with cognitive impairment: a randomized controlled single-blind study. European Journal of Physical and Rehabilitation Medicine, 2013;49

Csilla Kata Karóczy, Lászlóné Mészáros, Ádám Jakab, Ágnes Korpos, Éva Kovács, Tibor Gondos.: The effects of the functional balance training on balance, functional mobility, muscle strength, aerobic endurance, and quality of life among community-living older people: a controlled pilot study. *New Medicine* vol. 18 (2014/01)

### **Research objectives:**

My serious interest in health science started in secondary school where I studied biology and chemistry at an advanced level. I always knew, that I would like a kind of job where I can obtain a researcher experience, in addition to that I can deal directly with people.

During the first year at the Bsc programme, Dr. Éva Kovács invited me to join the Student's Scientific Association and be an active participant of their research group. My main research topic is to preserve functional abilities in elderly and prevent falls. Nowadays the proportion of people aged over 65 years accounts for 20 percentage of the total population. By 2050, this proportion will increase to 32 percentage. As the population ages, the number of individuals with disability and dependence is expected to increase. The independence in everyday activities is influenced by static and dynamic stability, lower limbs' muscle strength and aerobic endurance. It is particularly important for an older person to participate on a regular basis in a physical activity program improving above mentioned functional abilities. I am researching the effects of different exercise programmes in community living of the elderly and living in a nursing home elderly with cognitive impairment. I am using different questionnaires for the sociodemographic data and the physical and medical characteristics, and for the static and dynamic balance, functional mobility, lower limb strength, and aerobic endurance I am using functional scales and motion tasks.

In the future I would like to continue the research on the functional mobility of the elderly, find and develop a functional training for them, which redounds to a succesfull aging, and I would like to to obtain a Ph.D. degree.