



FACULTY OF EDUCATION CATHOLIC UNIVERSITY IN RUŽOMBEROK

and

FACULTY OF HEALTH SCIENCES CATHOLIC UNIVERSITY IN RUŽOMBEROK

in cooperation with

Medical University of Białystok

Faculty of Health Protection, Rev. B. Markiewicz State Academy of Applied Sciences
in Jarosław

College of Polytechnics Jihlava

Slovak Chamber of Nurses and Midwives

Slovak Chamber of Social Workers and Social Work Assistants

Invitation to the International Scientific Conference

BURNOUT SYNDROME IN HELPING PROFESSIONS

10th September 2025

**Exhibition Hall – Rectorate CU
Hrabovská cesta 1/A, Ružomberok**

The conference is held under the auspices of:

Dean of the Faculty of Education of the Catholic University in Ružomberok

PaedDr. Petr Krška, PhD.

Dean of the Faculty of Health of the Catholic University in Ružomberok

prof. MUDr. Anton Lacko, CSc.

The conference has been endorsed by the following expert:

doc. PhDr. Irena Kamanová, PhD., MPH

Scientific Committee:

doc. PhDr. Angela Almašiová, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

doc. PhDr. Jozef Babečka, PhD (Katolícka univerzita v Ružomberku, Slovensko)

Mgr. Júlia Bačkorová, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

Mgr. Filip Bambúch, PhD. (Univerzita Mateja Bela v Banskej Bystrici, Slovensko)

PhDr. Zuzana Draková, PhD. (Univerzita sv. Cyrila a Metoda v Trnave, Slovensko)

PhDr. Vlasta Dvořáková, PhD. (Vysoká škola polytechnická Jihlava, Česko)

doc. PhDr. Juraj Holdoš, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

PhDr. Magdaléna Hovanová, PhD. (Univerzita Pavla Jozefa Šafárika v Košiciach, Slovensko)

doc. PhDr. Zuzana Hudáková, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

PhDr. Lukáš Kober, PhD., MHP (Katolícka univerzita v Ružomberku, Slovensko)

Dr. hab. n. med. i n.o zdr. Krystyna Kowalczyk (Medical University of Bialystok, Zakład Zintegrowanej Opieki Medycznej UMB, Poľsko)

PhDr. Mária Lehotská, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

Mgr. Daniel Markovič, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

PhDr. Anna Masariková, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

PhDr. Mária Novysedláková, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

doc. PhDr. Markéta Rusnáková, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

PhDr. Soňa Šrobárová, PhD. (Akadémia ozbrojených síl generála Milana Rastislava Štefánika, Slovensko)

PhDr. Lenka Štefáková, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

Dr. Katarzyna Tomaszewska, PhD. (Wydział Ochrony Zdrowia Państwowa Akademia Nauk Stosowanych im. ks. B. Markiewicza w Jarosławiu, Poľsko)

PhDr. Katarína Zrubáková, PhD. (Katolícka univerzita v Ružomberku, Slovensko)

Conference Organizing Committee:

Chairman:

Mgr. Júlia Bačkorová, PhD.

Members:

Mgr. Lenka Horváthová

Mgr. Eva Janouchová

Mgr. Michaela Kovalčíková

PhDr. Mária Lehotská, PhD.

PhDr. Anna Masariková, PhD.

PhDr. Mária Novysedláková, PhD.

Mgr. Lucia Pažitná

PhDr. Lenka Štefáková, PhD.

PhDr. Katarína Zrubáková, PhD.

The aim of the International Scientific Conference “Burnout Syndrome in the Helping Professions” is to create an interdisciplinary forum where experts from the fields of pedagogy, nursing, medicine, psychology, social work, management and related disciplines will share current scientific knowledge on the etiology, diagnosis, prevalence, prevention and treatment of burnout syndrome, especially in the helping professions (health professionals, social workers, educators, psychologists, clergy, emergency services, etc.).

Topics:

Epidemiology and trends in burnout/workload perception	Prevalence, risk groups, international comparisons, impact of the pandemic, job demands and digitalization of work.
Individual risk and protective factors for burnout	Personality traits, coping strategies, resilience, lifestyle and working with emotional distress.
Diagnosis and measurement of burnout / subjectively perceived strain	Instrument validation, biomarkers of stress, digital screening platforms, ethical issues in assessment.
Clinical and psychosomatic consequences of burnout/workload	Comorbidities (anxiety, depression, PTSD), somatic manifestations, long-term effects on cognitive function and quality of life.
Individual, organisational and systems approaches to addressing burnout	Cognitive-behavioural programmes, mindfulness, existential approaches, coaching, supervision, self-care, workplace mental health policy, workoverload management, etc.
Technology and e-health solutions for burnout	Apps to prevent and monitor burnout, virtual reality for stress management training, AI in screening.

Languages: Slovak, Czech, English

Conference Outcome:

The papers will be published in the peer-reviewed scientific journal FHS CU - [Health Studies](#) (CEEOL, EBSCO, Crossref, CiBaMed, Bibliographia medica Slovaca) or in the peer-reviewed scientific journal PF KU - [Disputationes Scientifcae](#) (CEEOL, Crossref). Instructions for formal editing of the text will be sent to participants after the registration closes, i.e. after the deadline of 25 August 2025.

Organisational guidelines and information:

- **Important deadlines:**

Registration of active and passive participants - August 25, 2025

Submission of a paper in the form of a presentation - September 2, 2025 to the email address anna.masarikova@ku.sk

Submission of a paper for publication in a journal - September 20, 2025 to the email address anna.masarikova@ku.sk

- **Registration of participants:**

Active participation: <https://forms.gle/oEodyJLLjttYfWeC7>

Passive participation: <https://forms.gle/V6p68VX3y4mhSHze7>

The number of places is limited.

Nurses are also required to register through the SKSaPa portal: <https://www.sksapa.sk/>

- **Presentation of papers:**

The presentation of each participant's paper will take 15 minutes (10 minutes presentation + 5 minutes moderated discussion)

- **Catering:**

Lunch will be provided for active participants during the conference. Passive participants will have the opportunity to buy a minute meal in the dining room of the FE CU (price approx. 6 EUR), daily menu in Hotel Áčko or à la carte in the restaurant Effekt.

Credit system:

The event is included in the credit system for the evaluation of health professionals' participation in continuing education. Registered participants will be issued "Certificates of Participation".

Credits for passive participation: 6

Credits for active participation: 10 (author) / 5 (co-author)

Programme:

8.30 – 9.00	Registration
9.00 – 9.20	Opening ceremony
9.20 – 10.00	Mgr. Jana Bieščad, PhD. (psychotherapist)
10.00 – 11.15	Session 1
11.30 – 12.15	Lunch
12.15 – 13.45	Session 2
13.45 – 14.00	Coffee Break
14.00 – 15.15	Session 3
15.15 – 15.30	Closing remarks

The conference is organized with the support of the following projects:

VEGA 1/0106/23 Job Resources and Demands as Predictors of Burnout in the Teaching Profession (Validation of the Burnout Assessment Tool)

KEGA 011KU-4/2024 Workload of Nurses

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