

Candidate supervisor's information summary form

Name and surname, degree, title: Joanna Myszkowska-Ryciak, BEng PhD DSc	
Scientific discipline/ disciplines	health sciences / nutrition and food technology
Professional development (degrees and titles) in chronological order	2019 – DSc in nutrition and food technology 2005 – PhD in nutrition and food technology
Most important publications/ patents in the last 3 years (maximum 10)	<ol style="list-style-type: none"> 1. Myszkowska-Ryciak J. Nutritional knowledge and intake of caffeine-containing beverages among pregnant and breastfeeding women. <i>Journal of Health Inequalities</i>. 2025;11:65–73. 2. Myszkowska-Ryciak J, Hamułka J, Czarniecka-Skubina E, Gębski J, Chmurzynska A, Gutkowska K. Screen Time as a Determinant of Chosen Aspects of Lifestyle: A Cross-Sectional Study of 10- to 12-Year-Old Schoolchildren in Poland. <i>Nutrients</i>. 2025;17:1–16. 3. Osowiecka K, Skrypnik D, Myszkowska-Ryciak J. No Association Between Diet Quality, Nutritional Status, and Quality of Life in Women with Hashimoto's Thyroiditis—A Cross-Sectional Study. <i>Nutrients</i>. 2025;17:1–15. 4. Osowiecka K, Skrypnik D, Myszkowska-Ryciak J. Probiotic Supplementation Enhances the Effects of a Nutritional Intervention on Quality of Life in Women with Hashimoto's Thyroiditis—A Double-Blind Randomised Study. <i>Nutrients</i>. 2025;17:1–19. 5. Kowalik A, Gudej-Rosa S, Nogalska M, Myszkowska-Ryciak J, Sykut-Cegielska J. Breastfeeding in PKU and Other Amino Acid Metabolism Disorders—A Single Centre Experience. <i>Nutrients</i>. 2024;16:1–13. 6. Kriaučionienė V, Gajewska D, Raskilienė A, i in. Associations Between Body Appreciation, Body Weight, Lifestyle Factors and Subjective Health Among Bachelor Students in Lithuania and Poland: Cross-Sectional Study. <i>Nutrients</i>. 2024;16:1–13. 7. Myszkowska-Ryciak J, Badur A. Nasilenie neofobii żywieniowej a spożycie warzyw i owoców wśród dzieci z zaburzeniami ze spektrum autyzmu – badania wstępne. <i>Biuletyn GBL</i>. 2024:109–118. 8. Bondyra-Wiśniewska B, Harton A, Myszkowska-Ryciak J. Wpływ diety z niskim indeksem glikemicznym na masę ciała i parametry lipidowe u nastolatka z otyłością i zaburzeniami profilu lipidowego – studium przypadku. W: Gromadzka-Ostrowska J, red. <i>Współczesne trendy w dietetyce</i>.

	<p>Wydawnictwo Naukowe ArchaeGraph Diana Łukomiak; 2023:428–436.</p> <p>9. Osowiecka K, Skrypnik D, Myszkowska-Ryciak J. Assessment of the Impact of Nutritional Intervention with the Probiotic Lactiplantibacillus plantarum 299v on Nutritional Status and Quality of Life of Hashimoto's Thyroiditis Patients—A Randomized Double-Blind Study Protocol. J. Pers. Med. 2023:1–14.</p> <p>10. Osowiecka K, Myszkowska-Ryciak J. The Influence of Nutritional Intervention in the Treatment of Hashimoto's Thyroiditis—A Systematic Review. Nutrients. 2023;15:1–13.</p>
<p>Experience in work with doctoral students (defended doctoral dissertations, initiated doctoral programmes/procedures) in chronological order</p>	<p>Supervisor of 3 doctoral theses:</p> <ol style="list-style-type: none"> 1. Development of a personalized dietary counseling model for breastfeeding women (thesis defended, 2026) 2. Assessment of the impact of a nutritional intervention using the probiotic Lactobacillus plantarum 299v (Lp299v) on selected elements of the nutritional status and quality of life of patients with Hashimoto's disease (thesis submitted, 2026) 3. Ultra-processed foods: consumer attitudes and their impact on selected health indicators and selected biochemical parameters (procedure initiated) <p>Co-supervisor:</p> <p>Analysis of polymorphisms in the FTO gene and its relationship with diet in obese individuals (thesis defended, 2023)</p>
<p>Project/grants achievements (in the last 5 years)</p>	<p>Educational projects:</p> <ol style="list-style-type: none"> 1. Manager for the development of teaching materials for the nutritional education program in the project "Conducting scientific research on the nutrition of children and adolescents and developing and implementing a nutritional education program for students in grades 1-6 of primary schools. Acronym: Junior – Edu-Nutrition JEŻ" (2022-2023); 2. "Żółty talerz" (Yellow Plate) (The Kulczyk Foundation, 2017-2026) - Manager, Deputy Manager, Contractor
<p>Topic – research problem – for which the candidate supervisor seeks a doctoral student</p>	<ol style="list-style-type: none"> 1. The impact of nutritional education and dietary counselling on the diet, nutritional status and health of selected population groups of healthy people or people with a selected disease. 2. Determinants of the diet and nutritional status of healthy people or people with a selected disease.
<p><u>Contact details:</u> Institute E-mail address Tel.</p>	<p>Institute of Human Nutrition Sciences joanna_myszkowska-ryciak@sggw.edu.pl tel. 22 5937022</p>