








Alona Altanova

Personal information

-  **Work :** Vystavkova, Str., 16, 03040, Kyiv, Ukraine
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-  **Gender:** Female **Date of birth:** 13/04/1970 **Nationality:** Ukrainian

Occupation or position held

Ph.D/ Candidate of Pedagogical Sciences,
Associate Professor of the Department of Public Health and Nutrition,
Faculty of Food Technology and Product Quality Management of the Agro-Industrial Complex, National University of Life and Environmental Sciences of Ukraine

Education

The National University of Life and Environmental Sciences of Ukraine, specialty "Psychology"
The National University of Life and Environmental Sciences of Ukraine, specialty "Social work"
State Higher Educational Institution "Ternopil State Medical University named after I. Gorbachev of the. Ministry of Health of Ukraine", specialty "Nursing", qualification "Master of Nursing"

Scientific interests

Psychology of body perception and eating disorders; well-being, analysis of psychosomatic health, socio-psychological rehabilitation and nutritional support of recipients of services in the field of public health and nutrition. Member of the Ukrainian Association of Psychosomatics of Reproductive and Perinatal Psychology

Research directions for cooperation

Psychological and nutritional aspects of maintaining the health of different categories of the population; experience of professional training of public health specialists in the field of nutrition

Training

2024 - Winter school «EU Social and Cohesion Policy: Policy-Making and Implementation» 29 January - 2 February 2024. Certificate ID: 1QABGU-CE000380

2024 - seminar «EU Social Policy» Kyiv, 29 January - 2 February 2024. certificate № 2024ESP-0000247;

2024 - Certificate JMEU4OHconf24#4 for participation in the International Conference "One Health: Social Dimension" within the framework of the implementation of the EU ERASMUS+ Jean Monnet Module project "Integration of EU One Health Policies and Principles in Ukraine" (101048229 — EU4OH — ERASMUS-JMO-2021-HEI-TCH-RSCH)

2024-2022 - Participation in the scientific and practical seminar with international participation "Application of dietary supplements: when? whom? and for what purpose?" Kyiv.

2024 - participated as a speaker in the scientific and practical conference with international accreditation by ACCME "Nutrition. Health. Longevity" (Kyiv, June 5 and 6, 2024) and received 30 points according to the criteria for calculating points for continuous professional development. Speaker's certificate No. 2024-1043-3704305-100489;

2024-2022 - Participation in the scientific and practical seminar with international participation "Application of dietary supplements: when? whom? and for what purpose?" Kyiv.

2024 - participant of the project for the development of business and education cooperation "Uni-Biz Bridge" from UGEN on the topic "Modern Teacher". Certificate No. 993.

2023 – participated as a speaker in the 1st National Scientific and Practical Conference “Nutritional Support in Rehabilitation Practice” (October 20, 2023). Certificate 2023-1322-5506946-100120.

2023 – participated in the seminar with international participation “Days of Nutrition and Dietetics in Lviv” (September 7-8, 2023)

2021 - Advanced training at the scientific and methodological seminar "Reforming higher education: European guidelines and domestic realities", Lutsk, 05/17/2021 - 05/28/2021. The total number of hours is 60 (2 ECTS credits). Certificate from № 021 series n/s. The topic of the report: "Transdisciplinary approaches to the training of masters of the educational and professional program "Social and psychological rehabilitation": opportunities for cooperation of the departments of the National University of Life and Environmental Sciences of Ukraine in the acquisition of competences in ipo-, api- and nature therapy"

2021 - Completion of the English-language online course "The Science of Well-Being" from Yale University (USA) on the "Coursera" educational platform (certificate from 29.03.2021, Verify at <http://coursera.org/verify/MBGVX4YZ2B6K>) and completion of the English-language online course "Social Psychology" from Wesleyan University (USA) on

the "Coursera" educational platform, 02.03. 2021. Certificate from March 2, 2021

2021 - Advanced training under the program "Service of Social and Preventive Work" on the basis of the Kyiv City Center of Social Services in accordance with the order of the Central Committee of Social Services №17 dated 23.01.2021. Certificate of study at the school of consultants on addiction issues under the program "Service of Social and Preventive Work" (10.2020 - 04.2021. 90 hours)

2019 - Certificate of professional development of NNI of continuing education and tourism of NUBiP of Ukraine "Modern approaches to teaching methods of natural and technical disciplines"
CC 00493706/010998-19 dated 26.11.2019

2019- East European Institute of Psychology (Kyiv), educational and demonstration sessions (trainings and master classes) "Innovative methods of teaching, learning and management: the latest global and European practices", June 28-30, 2019, 12 hours, certificate № 4-06-9, 05.07.2019

2019 - State institution "Central methodological office for training junior specialists of the Ministry of Health of Ukraine", training for teachers "Health promotion and prevention of non-infectious diseases in educational institutions", certificate 13-14.03. 2019

**Scientific
internships
abroad**

2021 - Scientific and pedagogical internship under the program "Organization of European education, partnership in scientific projects and academic integrity" May 17 - June 14, 2021, CLM-consulting, Warsaw, Poland. The training load of the internship is 6 credits (180 h) Certificate Nr. GS 210272 from 14.06.2021

2021 - Scientific-pedagogical internship in pedagogical and psychological sciences on the topic "Pedagogy and psychology: productive interaction in the educational process" in the specialty "Pedagogical and psychological sciences", Kujawska Szkoła Wyższa we Włocławku (Kuyavia University in Wloclawek), Republic of Poland (February 8 - March 19, 2021). The training load of the internship is 6 credits (180 hours). Certificate № PSI-81909-KSW dated 19.03.2021 URL: <https://www.wsb-nlu.edu.pl/en/internship>

**Membership in
independent
scientific
organizations**

Member of the public organization "Ukrainian Association of Psychosomatics of Reproductive Perinatal Psychology"

**The main
author's
educational
courses at
Higher**

"Health Promotion", " Basics of a healthy lifestyle", "Psychosomatics", "Mental Health", "Health Psychology" (1st bachelor's level; Educational program "Public Health"; The National University of Life and Environmental Sciences of Ukraine; 120 academic hours)

**Education
Institutions**

**Mother
tongue(s)**

Ukrainian

**Other
language(s) =**

English language at the B2 level

**Published
scientific works**

Alona Altanova, Svitlana Saltanova & Nataliia Slobodyanyuk. (2024). Eating disorders in children and adolescents as a complex public health issue: risks, trends, management. *Human and nation's health*, 4. <https://doi.org/10.31548/>

Voytsitsky V., Korniyenko V., Khyzhnyak S., Samkova O., Vyshnivskyi S., & **Altanova A.** (2024). Analytical methods for researching raw materials and food products (spectrophotometric, chromatographic, electrochemical, electrophoretic, immunological): manual. Kyiv: Scientific Capital, 2024. 270 p.

Tkach, G., Omelian, A., Kushnir, Yu., & **Altanova, A.** (2023). The effect of a diet based on semifinished products from plant and animal raw materials on reproductive capacity, growth, and development of the organism. *Animal Science and Food Technology*, 14(4), 87-98. <https://doi.org/10.31548/animal.4.2023.87> (Scopus).

Alona Altanova & Tetyana Korolyova. (2023). Efficacy of adaptogens in preventing and correcting stress-induced conditions. *Human and nation's health*, 72-94. <https://doi.org/10.31548/humanhealth.2.2023.72>

Valentyna Korniyenko, Olena Ladogubets, Kateryna Duchenko, Ivan Harkusha & **Alona Altanova**. (2023). Study of the impact of newly synthesized chemical compounds with antihypoxic activity on life expectancy under hypoxia conditions (on the example of xanthine derivatives). *Human and nation's health*, 2, 95-105. <https://doi.org/10.31548/humanhealth.2.2023.95>

Altanova A.B. (2022). Socio-psychological rehabilitation of scientific and pedagogical workers by means of landscape therapy. *Humanitarian studies: pedagogy, psychology, philosophy*. International scientific journal. No. 13 (3). P. 126-135. DOI: [http://dx.doi.org/10.31548/hspedagog13\(3\).2022.126-135](http://dx.doi.org/10.31548/hspedagog13(3).2022.126-135).

Altanova, A. (2022). Gender characteristics of psychological self-regulation of higher education students. *Humanitarian studies: pedagogy, psychology, philosophy*. International scientific journal. 2022. 13(4), 76-87. DOI: [http://dx.doi.org/10.31548/hspedagog13\(4\).2022.76-87](http://dx.doi.org/10.31548/hspedagog13(4).2022.76-87)

Podkovyrov, T., S., N., Golubenko, T., Altanova, A., Shkodyn, A., Bielikova, V., Pasynchuk, K., & Bida, O. (2022). The Significance of Professional Subjectivity of a Specialist in Taking into Account Educational and Civilizational Changes in the Information Society. *International Journal of Computer Science and Network Security*, 22(10), 83-90. DOI: 10.22937/IJCSNS.2022.22.10.12 URL: http://paper.ijcsns.org/07_book/202210/20221012.pdf.

Social work by means of nature therapy with victims of emergency situations. (2021). Collective monograph [I. V. Sopivnyk, V. A. Budegai, A. B. **Altanova**, I. I. Demchenko, O. V. Drachuk, A. V. Nakonechna, V. A. Matsola, O. Yu. Mikheeva, K. O. Fedchenko, & O.P. Vytrykhovska]. K.: "Comprint", 2021. 556 p. ISBN 978-617-7986-37-8

Podlesna G.V., Osadcha L.A., & **Altanova A.B.** (2021). Modern tools of student socialization in higher education institutions. *Scientific perspectives*. No. 12 (18). DOI: 10.52058/2708-7530-2021-12(18)-458-468 URL: <http://perspectives.pp.ua/index.php/np/issue/view/32/97>

Key (plenary) reports at nationwide or international conferences

2024 - participated as a speaker in the scientific and practical conference with international accreditation ACCME "Nutrition. Health. Longevity" (Kyiv, June 5 and 6, 2024). Speaker's certificate No. 2024-1043-3704305-100489

2023 – participated as a speaker in the 1st National Scientific and Practical Conference “Nutritional Support in Rehabilitation Practice” (October 20, 2023) and received 30 BPR points to be taken into account during certification. Certificate 2023-1322-5506946-100120

2022 - Altanova A. B. Models and causes of sexual violence during the war: foreign experience of scientific and ethical interpretation. Medicine and psychology in human reproduction - a multidisciplinary approach: materials of the 2-nd International Scientific and Practical Conference, October 20-21, 2022, Kyiv. The National University of Life and Environmental Sciences of Ukraine. Kyiv, 2022. 123 p. P. 17-20. URL: https://nubip.edu.ua/sites/default/files/u333/zbirnyk_20_21_zhovtnya_0.pdf
The program of the conference
https://nubip.edu.ua/sites/default/files/u333/programa_konf_2022.pdf.pdf;

2022 - Altanova A. B. Gender specifics of psychological self-regulation of higher education students. The role of psychology during the defense of the country's independence: coll. materials of the All-Ukrainian scientific and practical online conference of young scientists. Kyiv, October 14, 2022. Kyiv: The National University of Life and Environmental Sciences of Ukraine, 2022. 101 p., p. 50-52. URL: <https://nubip.edu.ua/sites/default/files/u178/1667324438949208.pdf>
The program of the conference
<https://nubip.edu.ua/sites/default/files/u178/1667324438954694.pdf>

Social skills and competences

Working effectively in team settings, engaging with diverse groups of people, fostering a positive learning environment