


UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: Izbrane vsebine iz psihologije zdravja za dentalno medicino
Course title: Selected Topics in Health Psychology for Dental Medicine

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Dentalna medicina/Dental Medicine 2. stopnja/2nd cycle		3	6

Vrsta predmeta / Course type

Izbirni/elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
25	20				45	3

Nosilec predmeta / Lecturer:

prof. dr. Polona SELIČ – Zupančič, univ. dipl. psih.

Jeziki /

Predavanja / Lectures: slovenščina/slovene

Languages:

Vaje / Tutorial:

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

/

Prerequisites:

/

Vsebina:

1. **Psihologija zdravja in njene implikacije v dentalni medicini**
2. **Osebnost v bio-psiho-socialnem modelu zdravja**
 - ~ Osebnostne lastnosti
 - ~ Motivacijski vidiki osebnosti
3. **Čustva in bio-psiho-socialno blagostanje**
 - ~ Referenčni okvir, kognicije in doživljanje
 - ~ Vpliv čustvovanja na blagostanje
 - ~ Ugodje, neugodje in bolečina kot prototip strahu - psihološki vidiki bolečine
 - ~ Strah in strahu podobna čustva
 - ~ Jeza
 - ~ Zadovoljstvo, zaupanje in empatija
4. **Stres in spoprijemanje s stresom**
 - ~ Interakcijski model stresa, sistemski pristop
 - ~ Stresorji
 - ~ Socialna podpora

Content (Syllabus outline):

1. **Health psychology and its implications in dental medicine**
2. **Personality in bio-psycho-social model of health**
 - ~ Personality traits
 - ~ Motivation
3. **Emotions and bio-psycho-social well-being**
 - ~ Framework of reference, cognition and emotional experience
 - ~ Emotions as a determinant of well-being
 - ~ Pleasure, discomfort and pain as a prototype of fear: Psychological aspects of pain
 - ~ Fear and fear-like emotions
 - ~ Anger
 - ~ Satisfaction, trust and empathy
4. **Stress and coping**
 - ~ Interactive model of stress – a systemic approach
 - ~ Stressors

<p>~ Razbremenitev in upravljanje s stresnim dogajanjem</p> <p>5. Spoprijemanje z bolečino in upravljanje emocij pacienta</p> <p>~ Dentalna anksioznost in fobija, panična reakcija</p> <p>~ Vloga bolnika in reakcija ob stresogenih medicinskih posegih</p> <p>6. Koncept in konstrukt komunikacijskega prostora</p> <p>~ Komunikacijsko polje: dejavniki, vezani na osebe, dejavniki interakcije in konteksta</p> <p>~ Obravnava t.i. težavnih situacij: učinek pričakovanja; občutek lastne vrednosti; dejavno pozorno poslušanje</p> <p>~ Posebnosti komunikacije in komunikacijskih motenj, ki ovirajo (med)osebni stik: stališča, predsodki in stereotipi, manipulacija/zloraba</p> <p>7. Tehnike in pristopi k učinkovitemu sporazumevanju v dentalni medicini</p> <p>~ Kognitivna empatija in anticipacija stresnega dogodka</p> <p>8. Zdravje in profesionalna vloga</p> <p>~ Izgorevanje in izgorelost</p> <p>~ Koncepti žilavosti, sreče in osebne izpolnitve</p> <p>~</p>	<p>~ Social support</p> <p>~ Debriefing and stress management</p> <p>5. Coping with patients` pain and emotions</p> <p>~ Dental anxiety and phobia, panic reaction</p> <p>~ Patient`s role and reaction during the stressful medical procedures</p> <p>6. The concept and construct communication field</p> <p>~ Communications field: Factors related to the person/individual; Factors related to interpersonal interaction and Contextual factors</p> <p>~ Dealing with so-called difficult situations: The effect of expectations; A sense of self-worth; transfer, active attentive listening</p> <p>~ Special features of communication and difficulties in (inter) personal contact: Attitudes; Prejudices and stereotypes; Manipulation/Abuse</p> <p>7. Effective communication in Dental medicine: Techniques and approaches</p> <p>~ Cognitive empathy and anticipation of stress event</p> <p>8. Healthy professional</p> <p>~ Burnout</p> <p>~ Resilience; Positive emotions; Engagement; Relationships; Achievements and Meaning</p>
--	---

Temeljni literatura in viri / Readings:

1. SELIČ-ZUPANČIČ, Polona, BLAŽEKOVIĆ MILAKOVIĆ, Sanja. Principles of communication in family medicine. V: ŠVAB, Igor (ur.), KATIĆ, Milica. *Family medicine*. Zagreb: Medicinska naklada. 2017, str. 225-239. [COBISS.SI-ID [33106393](#)]
2. SELIČ, Polona. Psihologija bolezni našega časa, (Zbirka Sophia, 1999, 1). Ljubljana: Znanstveno in publicistično središče, 1999. 335 str., sheme. ISBN 961-6294-06-7. [COBISS.SI-ID [80347392](#)]
3. Ayer WA. Psychology and Dentistry: Mental Health Aspects of Patient Care. New York: Routledge, 2011
4. Meh D, Georgiev D. Osnove zaznavanja, dojetanja (spoznavanja) in prepoznavanja bolečine. Med Razgl. 2013; 52: 105–18

Dodatna literatura / Additional reading material:

SELIČ, Polona. Novi odročnik : nebesedno sporazumevanje za vsakdanjo rabo. Ljubljana: Inštitut za psihofiziološke študije Pares, 2007. 235 str., ilustr. ISBN 978-961-92179-0-0. [COBISS.SI-ID [234629120](#)]

SELIČ-ZUPANČIČ, Polona. Težavna obravnava : težava v komunikaciji ali v osebi?. V: POLJANEC BOHNEC, Milenka (ur.), TOMAŽIN-ŠPORAR, Mateja (ur.). *Sladkorna bolezen : povezovanje medicine in humanističnih ved : za zdravstvene delavce*. Ljubljana: Slovensko osteološko društvo. 2019, zv. 3, str. 65-72. [COBISS.SI-ID [34706649](#)]

SELIČ-ZUPANČIČ, Polona. Interakcijski model stresa. V: POLJANEC BOHNEC, Milenka (ur.), TOMAŽIN-ŠPORAR, Mateja (ur.). *Sladkorna bolezen : povezovanje medicine in humanističnih ved : za zdravstvene delavce*. Ljubljana: Slovensko osteološko društvo. 2019, zv. 3, str. 306-315. [COBISS.SI-ID [34681561](#)]

SELIČ-ZUPANČIČ, Polona. Vedenjski vzorci in spoprijemanje s stresom. V: POLJANEC BOHNEC, Milenka (ur.), TOMAŽIN-ŠPORAR, Mateja (ur.). *Sladkorna bolezen : povezovanje medicine in humanističnih ved : za zdravstvene delavce*. Ljubljana: Slovensko osteološko društvo. 2019, zv. 3, str. 316-324. [COBISS.SI-ID [34681817](#)]

SELIČ-ZUPANČIČ, Polona. Delo in stres. V: POLJANEC BOHNEC, Milenka (ur.), TOMAŽIN-ŠPORAR, Mateja (ur.). *Sladkorna bolezen : povezovanje medicine in humanističnih ved : za zdravstvene delavce*. Ljubljana: Slovensko osteološko društvo. 2019, zv. 3, str. 340-348. [COBISS.SI-ID [34682073](#)]

SELIČ-ZUPANČIČ, Polona. Povezava med socialno podporo in zdravjem. V: POLJANEC BOHNEC, Milenka (ur.), TOMAŽIN-ŠPORAR, Mateja (ur.). *Sladkorna bolezen : povezovanje medicine in humanističnih ved : za zdravstvene delavce*. Ljubljana: Slovensko osteološko društvo. 2019, zv. 3, str. 350-359. [COBISS.SI-ID [34682329](#)]

- TEMENT, Sara, KLEMENC-KETIŠ, Zalika, MIROŠEVIČ, Špela, SELIČ-ZUPANČIČ, Polona (avtor, korespondenčni avtor). The impact of psychological interventions with elements of mindfulness (PIM) on empathy, well-being, and reduction of burnout in physicians : a systematic review. *International journal of environmental research and public health*, ISSN 1660-4601. [Online ed.], 2021, vol. 18, iss. 21, str. 1-12. <https://www.mdpi.com/1660-4601/18/21/11181>, doi: [10.3390/ijerph182111181](https://doi.org/10.3390/ijerph182111181). [COBISS.SI-ID [82460419](#)]

Cilji in kompetence:

Študent/-ka (v nadaljnjem besedilu študent) se seznanja s bio-psiho-socialnim modelom zdravja. Spozna vlogo psiholoških dejavnikov pri ohranjanju in krepitvi zdravja ust in ustne votline ter psihološke dejavnike, ki vplivajo na sodelovanje med zdravljenjem. Na osnovi informacij, pridobljenih vedenj in aktivnega opazovanja študent odkriva in prepozna pojave in procese, povezane s socialno konstrukcijo realnosti, veščinami v medosebnih odnosih (zlasti komunikacijo), spoprijemanje s stresom, referenčne skupine, ki jim pripada, in (med)kulturne dinamike, v katere stopa. Na osnovi preučevanja literature, študija primerov in lastne aktivnosti opušča prakticistične koncepte v komunikaciji, osveži in nadgradi poznavanje dejavnikov, ki sooblikujejo komunikacijski prostor; nauči se kritično vrednotiti teoretične koncepte in raziskovalne podatke, povezane s psihologijo stresa, emocijami in motivacijo. Študent zna nadgraditi sodobne raziskovalne podatke s področja socializacije in motivacije s prenosom v uporabne koncepte razgovora v kriznih situacijah. V obliki samostojnega študija ob pripravi seminarske naloge spozna strokovno literaturo področja. Predmet zagotovi pregled, analizo in razpravo o ključnih konceptih psihologije zdravja, pomembnih za dentalno medicino.

Objectives and competences:

The student/s (hereinafter referred to as the student) gets insight into the bio-psycho-social model of health and the model of psychological factors of psychological and physical health and promoting patients' health and their adherence to treatment. Based on the provided information, obtained knowledge and active observation, the student detects and identifies phenomena (person processes) related to the social construction of reality, skills in personal and interpersonal relationships and constructing their own groups of reference and interaction. After the study of (especially, case studies) and the drawing of the student will be able to identify and apply concepts of the study of literature, case studies and knowledge of the field; implicitly/practically accept theoretical concepts and research data, integrate knowledge of the factors of interaction in the student's knowledge and incorporate it into critical evaluation of the concepts of socialization research related to stress management, communication in emotional and threatening situations. The student knows how to integrate independent work with the preparation of the course of professional development of general and specific competences as follows:

<p>Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:</p> <ul style="list-style-type: none"> ~ sintetično, analitično in ustvarjalno mišljenje in problemsko znanje ~ avtonomnost, (samo)kritičnost, (samo)refleksivnost, (samo)evalviranje in prizadevanje za kakovost ~ ustvarjanje spodbudnega (učnega) vzdušja, medsebojnih odnosov in učinkovito razreševanje problemov v medosebnih odnosih ~ sodelovanje (s sodelavci in drugimi) ~ sporazumevanje (besedno in nebesedno) ~ spoprijemanje s stresom ~ kognitivna empatija ~ občutljivost za (so)ljudi in socialne situacije ~ razumevanje in uporaba strokovnega znanja ~ raziskovalni pristop in usmerjenost v reševanje problemov. <p>S študijem literature, primerov in izvedbo praktičnih vaj študenti razvijejo spretnosti in veščine v medosebnih odnosih, komunikacijske in analitične veščine.</p>	<p>This course will provide an overview, analysis and discussion of the key concepts of health psychology relevant to Dental medicine.</p> <p>Autonomy, (self-) criticism, (self-) reflexivity, (self-) evaluation and quest for quality</p> <p>The course contributes to the development of general and specific competences as follows:</p> <ul style="list-style-type: none"> ~ Creating a supportive (learning) environment, a synthetic, analytical and creative thinking skills and problem-solving ~ Climate of interpersonal relations and effective problem-solving in interpersonal relationships ~ Autonomy, (self-) criticism, (self-) reflexivity, (self-) evaluation and quest for quality ~ Cooperation (with co-workers and others) ~ Communication (verbal and non-verbal) ~ Creating a supportive (learning) environment, a coping with stress ~ Climate of interpersonal relations and effective problem-solving in interpersonal relationships ~ Sensitivity to other people and social situations ~ Cooperation (with co-workers and others) ~ Understanding and use of expertise (verbal) ~ Research approach towards professional situations ~ Coping with stress ~ Cognitive empathy <p>Sensitivity to other people and social situations.</p> <p>By studying literature, cases and carrying out practical exercises student will develop skills and competence in interpersonal relations, communication and analytical skills.</p> <p>Research approach towards professional situations and focus on problem-solving.</p> <p>By studying literature, cases and carrying out practical exercises student will develop skills and competence in interpersonal relations, communication and analytical skills.</p>
--	--

Predvideni študijski rezultati:**Znanje in razumevanje:**

- ~ poznavanje pomena bio-psiho-socialnega modela zdravja za klinično prakso zobozdravnika in sodelovanje z drugimi v zdravstvenem timu
- ~ poznavanje temeljnih konceptov psihologije komunikacije, stresa in dejavnike v družbenem okolju
- ~ razumevanje dinamike v komunikacijskem procesu
- ~ razumevanje dinamike v medosebnih odnosih
- ~ razumevanje interaktivnega delovanja stresorjev
- ~ razumevanje delovanja in vpliva emocij na blagostanje

Intended learning outcomes:**Knowledge and Understanding: (Student)**

- ~ understands the importance and usefulness of the bio-psycho-social model of health and implications for dental doctor's clinical practice and collaboration in a medical team
- ~ has knowledge of the basic concepts of psychology, communication, and stress in the social environment
- ~ understands the dynamics of the communication process
- ~ understands the dynamics of interpersonal relationships
- ~ understands the operation of interactive stressors
- ~ understands the impact of emotions on personal well-being

<p>Prenesljive/ključne spretnosti in drugi atributi: <u>Uporaba:</u></p> <ul style="list-style-type: none"> ~ uporaba pridobljenega znanja in veščin v medosebnih odnosih in komunikaciji ~ uporaba konstruktivnih strategij poravnavanja s stresom v medosebnih odnosih ~ uporaba tiskanih in elektronskih virov in samoizobraževanje ~ uporaba nenasilnih načinov komuniciranja ~ oblikovanje odnosa do sebe in referenčnih skupin, ki jim pripada ~ razvijanje veščin v medosebnih odnosih pri sebi in v svojem okolju <p><u>Refleksija:</u> poznavanje procesa refleksije in njenega pomena v učenju; sposobnost za refleksijo dokazuje ob svojem praktičnem ravnanju</p>	<p>~</p> <p>Transferable/Key Skills and other attributes: <u>Use:</u> (student)</p> <ul style="list-style-type: none"> ~ applies knowledge and skills in interpersonal relations and communication ~ uses constructive (active) coping strategies in stressful situations and interpersonal relationships ~ uses printed and electronic resources in broadening their own body of knowledge ~ develops skills in interpersonal relationships and uses them in everyday interactions ~ uses a non-violent approach in interpersonal communication ~ develops self-awareness in self-concept and in relationship with their reference groups <p><u>Reflection:</u> (student): becomes familiar with the process/ability of (self) reflection and its importance in learning; the ability is demonstrated in practical handling</p>	
<p>Metode poučevanja in učenja:</p>	<p>Learning and teaching methods:</p>	
<p>Predavanja, seminarji, diskusije; individualne konzultacije s predavateljico - poleg predavanj in interaktivnih oblik (diskusije, paneli ipd.) bodo študentje prostovoljno pripravili seminar (projektno nalogo), se posvetovali ob pripravi samostojnega dela in v interaktivnem učenju utrjevali sposobnost komuniciranja in veščine v medosebnih odnosih. Del obvezne literature bo predmet panel diskusij.</p>	<p>Lectures, seminars, discussions, individual consultations with the lecturer; apart from lectures and interactive work (discussions, panels, etc.), students will independently prepare a seminar (project work, case study) and will be given the opportunity for consultations during its preparation; during the process, interactive learning ability and communication skills will be strengthened. Part of the mandatory literature will be the subject of panel discussions.</p>	
<p>Načini ocenjevanja:</p>	<p>Delež (v %) / Assessment: Weight (in %)</p>	
<p>Ustni izpit</p> <p>V primeru, da študent pripravi neobvezno seminarsko nalogo, mu ta lahko prinese do 30 % ocene na ustnem izpitu</p> <p>Ocenjevalna lestvica: zadostno, 6 (60 – 67), dobro, 7 (68 – 75), prav dobro, 8 (76 - 83), prav dobro, 9 (84 – 89), odlično, 10 (90 -)</p>	<p>100</p>	<p>Oral exam</p> <p>In case the student prepares an optional seminar paper, it can bring him / her up to 30% of the grade in the oral exam</p> <p>Grading scale: Sufficient, 6 (60-67); acceptable, 7 (68 to 75); good, 8 (76-83); very good, 9 (84-89); excellent, 10 (90 -)</p>

Prisotnost na vajah oziroma seminarju je obvezna in predstavlja pogoj za pristop na izpit. Študenti se morajo udeležiti najmanj 80 % seminarjev, za izostanke pa predložiti (zdravniško) opravičilo.		Attendance at tutorials / seminars is mandatory and is a condition for taking the exam. Students must attend at least 80 % seminars, and submit a (medical) certificate in case of absence.
--	--	---

Reference nosilca / Lecturer's references:**Dr. Polona Selič – Zupančič [10937]**

<http://www.sicris.si/search/rsr.aspx?opt=2&lang=slv&id=19697>

Bibliografija 2011-2021:

izumbib.izum.si/bibliografije/A20210522115008-10937.html

1.01 Izvirni znanstveni članek

1. FRIGANOVIĆ, Adriano, SELIČ-ZUPANČIČ, Polona. Where to look for a remedy? Burnout syndrome and its associations with coping and job satisfaction in critical care nurses : a cross-sectional study. *International journal of environmental research and public health*, ISSN 1660-4601. [Online ed.], 2021, vol. 18, iss. 8, str. 1-12, ilustr. <https://www.mdpi.com/1660-4601/18/8/4390>, doi: [10.3390/ijerph18084390](https://doi.org/10.3390/ijerph18084390). [COBISS.SI-ID [60533251](https://www.cobiss.si/record/60533251)]

2. JERALA, Nina, SELIČ-ZUPANČIČ, Polona. The onset of depression in middle-aged presumed healthy slovenian family practice attendees and its associations with genetic risk assessment, quality of life and health status : a contribution for family medicine practitioners' early detection. *International journal of environmental research and public health*, ISSN 1660-4601. [Online ed.], 2021, vol. 18, iss. 15, str. 1-13. <https://www.mdpi.com/1660-4601/18/15/8197>, doi: [10.3390/ijerph18158197](https://doi.org/10.3390/ijerph18158197). [COBISS.SI-ID [72124931](https://www.cobiss.si/record/72124931)]

3. KOŠIR, Tadea, SAJOVIC, Jakob, GROŠELJ, Maja, FIDLER, Aleš, DREVENŠEK, Gorazd, SELIČ-ZUPANČIČ, Polona. Real-life dental examination elicits physiological responses different to visual and auditory dental-related stimuli. *PloS one*, ISSN 1932-6203, 2021, vol. 16, iss. 6, str. 1-19. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0252128>, doi: [10.1371/journal.pone.0252128](https://doi.org/10.1371/journal.pone.0252128). [COBISS.SI-ID [65865987](https://www.cobiss.si/record/65865987)]

4. FRIGANOVIĆ, Adriano, KURTOVIĆ, Biljana, SELIČ-ZUPANČIČ, Polona. A cross-sectional multicentre qualitative study exploring attitudes and burnout knowledge in intensive care nurses with burnout = Presečna multicentrična kvalitativna raziskava o znanju in stališčih, ki jih imajo medicinske sestre na intenzivni negi o izgorelosti. *Zdravstveno varstvo : Slovenian journal of public health*, ISSN 0351-0026. [Tiskana izd.], 2021, letn. 60, št. 1, str. 46-54. <https://content.sciendo.com/view/journals/sjph/60/1/article-p46.xml>, doi: [10.2478/sjph-2021-0008](https://doi.org/10.2478/sjph-2021-0008). [COBISS.SI-ID [47882755](https://www.cobiss.si/record/47882755)]

5. TEMENT, Matic, SELIČ-ZUPANČIČ, Polona. Quality of life and health status in middle-aged presumed healthy Slovenian family practice attendees = Kakovost življenja in zdravstveno stanje domnevno zdravih obiskovalcev ambulant družinske medicine srednjih let v Sloveniji. *Zdravstveno varstvo : Slovenian journal of public health*, ISSN 0351-0026. [Tiskana izd.], 2021, letn. 60, št. 3, str. 182-189. <https://www.sciendo.com/article/10.2478/sjph-2021-0026>, doi: [10.2478/sjph-2021-0026](https://doi.org/10.2478/sjph-2021-0026). [COBISS.SI-ID [69814275](https://www.cobiss.si/record/69814275)]

6. FRIGANOVIĆ, Adriano, SELIČ-ZUPANČIČ, Polona. Levels of burnout syndrome in croatian critical care nurses : a cross-sectional study. *Psychiatria Danubina : an international multidisciplinary journal*, ISSN 0353-5053, 2020, vol. 32, suppl. 4, str. S478-S483. http://www.psychiatria-danubina.com/UserDocsmages/pdf/dnb_vol32_noSuppl%204/dnb_vol32_noSuppl%204_478.pdf. [COBISS.SI-ID [39266563](https://www.cobiss.si/record/39266563)]

7. SELIČ-ZUPANČIČ, Polona, ČERNE, Anja, KLEMENC-KETIŠ, Zalika, PETEK, Davorina, ŠVAB, Igor. Attitudes toward professionalism in medical students and its associations with personal characteristics and values : a national multicentre study from Slovenia raising the question of the need to rethink professionalism. *Advances in medical education and practice*, ISSN 1179-7258, Jun. 2019, vol. 10, str. 437-445.

<https://www.dovepress.com/attitudes-toward-professionalism-in-medical-students-and-its-associati-peer-reviewed-fulltext-article-AMEP#>, doi: [10.2147/AMEP.S197185](https://doi.org/10.2147/AMEP.S197185). [COBISS.SI-ID [34380505](#)]

1.02 Pregledni znanstveni članek

8. MIROŠEVIČ, Špela, KLEMENC-KETIŠ, Zalika, SELIČ-ZUPANČIČ, Polona. The 14-item Resilience scale as a potential screening tool for depression/anxiety and quality of life assessment : a systematic review of current research. *Family practice : an international journal*, ISSN 0263-2136, May 2019, vol. 36, no. 3, str. 262-268.

<https://academic.oup.com/fampra/advance-article/doi/10.1093/fampra/cmz081/5085251>, doi: [10.1093/fampra/cmz081](https://doi.org/10.1093/fampra/cmz081). [COBISS.SI-ID [33917145](#)]

9. SEREC, Maša, BAJEC, Boštjan, PETEK, Davorina, ŠVAB, Igor, SELIČ-ZUPANČIČ, Polona. A structural model of burnout syndrome, coping behavior and personality traits in professional soldiers of the Slovene armed forces = Strukturni model povezanosti med izgorelostjo, strategijami spoprijemanja s stresom in osebnostnimi značilnostmi pri vojakih Slovenske vojske. *Zdravniški vestnik : glasilo Slovenskega zdravniškega društva*, ISSN 1318-0347. [Tiskana izd.], 2012, letn. 81, št. 4, str. 326-336.

http://www.szdz.si/user_files/vsebina/Zdravniški_Vestnik/2012/april/326-36.pdf. [COBISS.SI-ID [29871577](#)]

10. TEMENT, Sara, KLEMENC-KETIŠ, Zalika, MIROŠEVIČ, Špela, SELIČ-ZUPANČIČ, Polona (avtor, korespondenčni avtor). The impact of psychological interventions with elements of mindfulness (PIM) on empathy, well-being, and reduction of burnout in physicians : a systematic review. *International journal of environmental research and public health*, ISSN 1660-4601. [Online ed.], 2021, vol. 18, iss. 21, str. 1-12.

<https://www.mdpi.com/1660-4601/18/21/11181>, doi: [10.3390/ijerph182111181](https://doi.org/10.3390/ijerph182111181). [COBISS.SI-ID [82460419](#)]