



DigiWELL

NEWSLETTER

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Dear colleagues,

Welcome to the very first issue of the DigiWELL project newsletter. Its purpose is to share results and inspiration not only within our research team, but also with professionals and the wider public.

In each issue, you will find research updates, event invitations, and recommendations for further reading or listening.

On behalf of the dissemination team,
Štěpán Vranešic and Silvie Malchárková

UPCOMING EVENTS

THE FIRST EVER LIVE JUNIOR ACADEMY

We invite you to Junior Academy 4, which will take place on November 3 at the Grossmann Villa in Ostrava.

Our guests, **Prof. Misha Pavel** and **Dr. Olga Perski**, will present the use of EMA and mathematical models in psychology. This will be followed by experience-sharing from junior researchers, a joint dinner, and networking.

The event is intended for young scientists who wish to gain new insights, exchange ideas, and build connections. Registration is required on the project website.

[Read more](#)



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CONFERENCE WCP 2025

The event will take place in Prague from October 5–8. Representing DigiWELL at the congress will be **Mgr. David Jakeš** from the National Institute of Mental Health, who will deliver a presentation on digital psychiatry and mental health.

The conference brings together leading psychiatrists, researchers, and clinical experts from around the world to present the latest findings, discuss global challenges in mental health, and foster international collaboration over four days in Prague.

[Read more](#)

SPIRÁLA CONFERENCE: DIGITAL SOCIETY AND MENTAL HEALTH

On October 1, the **Spirála Conference** will take place in the auditorium of the Faculty of Social Studies, University of Ostrava. The event will bring together experts and practitioners to reflect on how to live in the digital world with respect to mental well-being and to define boundaries for healthy use of technology.

Representing DigiWELL, **Mgr. Iveta Kowolová** from the Faculty of Social Studies, University of Ostrava, will deliver a presentation.

[Read more](#)



Junior Academy – Workshop 3

The workshop will take place online on **October 2** and will offer an interactive discussion, methodological approaches, and inspiration for research. It will guide participants through the key steps of psychometric modeling – from classical test theory and reliability measurement, through the study of validity and internal structure, to item response theory. The session will also demonstrate how these methods can be implemented in R and interactively visualized using the ShinyItemAnalysis application.

The program will be led by **doc. Patrícia Martinková** from the Institute of Computer Science of the Czech Academy of Sciences.

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In the program **Vlna** on Radio Wave, our researcher **Dr. Petr Bad'ura** from Palacký University spoke about how young people today perceive physical activity, sport, and leisure. "We are among the leaders, with one of the most dynamic declines in alcohol consumption," he noted in the interview.

[Listen here](#)



We've Lost Touch With Understanding Food

As part of the DigiWELL project, a new episode of the podcast **Věda zblízka** has been released. The guest is **Dr. Lanae Joubert** from Northern Michigan University, a registered dietitian specializing in nutrition, sport, and well-being. "We could tell people what to eat all day long, but if they don't have access to it or can't afford it, then nothing's going to change," she says. In the episode, you will learn why we often no longer understand what we are actually eating, and how education and food accessibility shape our dietary habits.

[Listen here](#)

A Virtual Apartment Building as a Gym for the Brain

As part of the DigiWELL project, the National Institute of Mental Health is developing a computer game that takes seniors into a virtual apartment building. "The main purpose of the game is to support memory training and other cognitive skills in seniors in a fun and natural way," says **Natalie Bergmann, MSc.** "This way, the tasks are not just 'dry exercises,' but are connected with stories and emotions, which makes remembering easier," she adds.

[Read more](#)





One in Five Adults Feels Stressed by Being Online

A new report by researchers from **Masaryk University** highlights that technologies we consider essential also bring challenges – 17% of adults feel pressured by the constant need to be online, and 22% report that the digital environment reduces their productivity.

“With the frequent use of technology, digital well-being is becoming increasingly important. Digital well-being is a dynamic, individual experience consisting of both the benefits and drawbacks that technology use brings us. It is part of overall well-being, and people achieve it when they are able to fully use technology in their lives while minimizing its negative impacts. This is a topic that has so far been little explored worldwide. Our report therefore provides some of the first comprehensive data on adults globally,” explains **Dr. Michaela Šaradín Lebedíková**, the report’s lead author.

[Read more on IRTIS](#)

How Do Adolescents Feel After Sexting?

New research by the VZ1 team, conducted within the DigiWELL project, examines how sexting affects the experiences of Czech adolescents. “It refers to sending and receiving messages containing sexually suggestive text, images, or videos with partially nude or nude individuals,” explains **Dr. Michaela Šaradín Lebedíková**, lead author of the study published in the prestigious journal *New Media & Society*.

The study, based on data from more than 2,500 young people, brings surprising findings about the emotions that accompany sexting.

[Read more on IRTIS](#)



DigiWELL_Research of Excellence on Digital Technologies and Wellbeing (CZ.02.01.01/00/22_008/0004583)



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