

Mid-term assessment protocol
Minutes of the meeting of the mid-term assessment Committee

The mid-term assessment was carried out on the basis of:

- doctoral student's report,
- opinion of the supervisor / supervisors / assistant supervisor,
- an oral or multimedia presentation by a doctoral student,
- discussions with the doctoral student.

The implementation of the doctoral student's individual research plan was assessed remotely via the "Zoom.us" platform. The course of the public part of the mid-term assessment Committee meeting was recorded on video.

Assessed PhD student

professional title, name and surname of the doctoral student	mgr Aleksandra Budny
supervisor/supervisors	dr hab. Adriana Mika, Assoc. Prof.
assistant supervisor	dr inż. Agata Janczy
scientific discipline	Health sciences
the title of the doctoral dissertation project	The evaluation of the effect of dietary intervention on lipid metabolism in obese patients after bariatric surgery.

Mid-term assessment Committee comments:

The main objective of the project by PhD student Aleksandra Budny is to assess the evaluate the effects of dietary intervention on lipid metabolism in individuals undergoing bariatric surgery. The diet before surgery, the BS itself and the diet after treatment can alter the composition of lipid metabolites in the serum and feces of patients. PhD student plans to include 60 patients undergoing 2 types of surgery. At each time point of the study (3 months before surgery, before surgery, 3. 6. 12 months after surgery). The PhD student has planned 3-day food diaries, the dietary questionnaires (FFQ-6). In addition, serum and feces samples will be collected. During the dietary visits a nutritional interview analysis of food diaries, anthropometric measurements, and body composition assessment will be performed. At the end of the intervention, these data will be correlated with the patients' clinical data and the metabolomics studies. PhD student Aleksandra Budny is properly implementing the Individual Research Plan, she has made progress at an adequate level.

Mid-term assessment result of doctoral student Aleksandra Budny : positive / negative *

Detailed justification by the mid-term assessment Committee regarding the result of the mid-term evaluation:

PhD student Aleksandra Budny, over the past two years, she has recruited 54 patients qualified for bariatric surgery, and approximately 51 of them have already undergone surgery. During this time, the PhD student conducted extensive nutritional education both before the procedure and every 3 months after the procedure, supporting patients in the correct expansion of their diet and correct recovery for up to 12 months after the procedure. Delays encountered by the PhD student in obtaining research material were efficiently resolved. In addition, this academic year, the student prepared a review paper on the topic "Summary of lifestyle management in patients undergoing bariatric surgery", which after taking into account the review will be sent to Current Obesity Reports.

In summary, the committee positively assessed the implementation of the individual research plan.

The mid-term assessment Committee composed of:

- 1) prof. dr hab. Katarzyna Zorena—Chairperson of the mid-term assessment Committee
- 2) dr hab. Magdalena Wszedybył-Winklewska
- 3) prof. dr hab. Robert Olek

The mid-term assessment was carried out on 25/09/2024



Signature of the chairperson of the mid-term assessment Committee