

Jakub Polák, MSc., Ph.D.

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Professional Profile

A dedicated and proactive professional who combines an impressive educational skill set with extensive experiences working in Research Assistant, Assistant Psychologist, and Junior Researcher jobs. Demonstrates strong psychological expertise with a proven ability to apply theoretical knowledge and use appropriate methodology to collect and analyse data in various research designs. Possesses excellent organisational, presentation and communication skills.

Career Summary

01/2015 – Present

Junior Researcher

National Institute of Mental Health, Klecany, Czech Republic

- Studying emotions and phobias triggered by animals through the evolutionary psychology perspective: psychological, physiological, and neural correlates
- Combining standard approaches (non-verbal tests and questionnaires) with cutting-edge methods: eye-tracker, polygraph, fMRI
- Psycho-diagnostics of specific animal phobias
- Performing data collection and management, statistical analyses, interpretation
- Publishing literature reviews and original articles
- Preparing grant project proposals from the initial design to final application

07/2013 – 12/2014

Assistant Psychologist

**Birmingham and Solihull Mental Health NHS Trust,
Birmingham, United Kingdom**

- Undertaking assessments of neuropsychological status and function, personality, beliefs, attitudes, behaviour, and/or emotional function using standardised psychometric instruments (MCMII-III, WAIS-IV, WMS-III, ADS, PCL-R,)
- Assisting qualified psychologists in scoring, analysis, interpretation and reporting of psychological assessments undertaken with clients
- Assisting in the formulation of the client's difficulties and in the planning and delivery of care plans involving the psychological treatment and/or management of the client's problems in in-patient/residential and outpatient settings
- Delivering therapeutic interventions developed or guided by the qualified psychologist for individual clients based on various therapeutic models (CBT, REBT, DBT)

04/2012 – 07/2013

Brain Injury Support Worker

Sweet Tree Home Care Services, London, United Kingdom

- Carrying forward several cognitive and physical rehabilitation programmes
- Assisting with administrative duties including budgeting, correspondence, etc.
- Supporting patients with their emotional and anger management issues
- Supporting with activities of personal care and daily living including domestic duties
- Sourcing employment opportunities and liaising with potential employers Acting as a mediator whilst liaising with families, friends, advocates, external agencies and the management team

**10/2012 – 02/2013 Assistant Clinical (Forensic) Psychologist/Research Assistant
University of Kent, Canterbury, United Kingdom**

- Assisting with implementing a new group treatment for fire setters within secure units
- Assisting an HPC registered psychologist with psychometric assessments (e.g., Novaco Anger Scale, Fire Interest Scale) of potential clients for the group in order to highlight potential treatment needs and suitability for the new treatment programme
- Co-facilitating group sessions, delivering individual consultations
- Writing various reports, documenting treatment progress
- Collecting data for research purposes, keeping database up-to-date
- Assisting with communicating all assessments and outcome to multidisciplinary professionals involved in the management of each client

**07/2011 – 02/2012 Forensic Psychologist
Prison, Drahonice, Czech Republic**

- Working in a multi-disciplinary team with various specialists, conducting psychological assessment and writing conclusive reports on prisoners
- Administering, evaluating and interpreting psychometric tests, conducting interviews and behavioural observations
- Determining current and future possible risks, recommending treatment proposals
- Using a calm and therapeutic approach when performing initial and subsequent consultations according to prisoners needs
- Managing and documenting any challenging and aggressive behaviour

**09/2009 – 02/2011 Research Assistant in Psychology
Charles University, Department of Psychology, Czech Republic**

- Interviewing and psychological testing of young prisoners, psychiatric patients and non-clinic adult population for qualitative and quantitative research
- Researching in evolutionary (correlates of cheating), forensic (mental mapping of criminal behaviour), and social psychology (loafing in cooperative groups)
- Performing psychometric analyses, developing tests and questionnaires, proposing research design/methodology
- Working with literature sources, writing systematic reviews
- Publication in a peer reviewed journal on mother-child relationship

Education and Qualifications

PhD:	Neuropsychology – Charles University, Prague, CZ (2020) Zoology – Charles University, Prague, CZ (2014)
MSc:	Psychology – Charles University, Prague, CZ (2010) Biology – Charles University, Prague, CZ (2005)
BSc:	Psychology – Charles University, Prague, CZ (2006)

Personal Details

Other:	Driving licence
Languages:	Czech (native speaker), English (fluent), French (advanced)
IT Skills:	Advanced user of Word, Excel, PowerPoint, Photoshop, SPSS, Statistica, R
Interests:	Movies, reading, skiing, travelling, hiking

Publications with IF:

Trojanová H., **Polák J.**, Pešla L., Boukalová H. (2020). Accuracy in lineup identification using an eye-tracking camera. *Law and Human Behavior*, under review.

Polák J., Sedláčková K., Landová E., Frynta D. (2020): Faster detection of snake and spider phobia: revisited. *Zeitschrift für Psychologie*, under review.

Landová E., Peléšková Š., Sedláčková K., Janovcová M., **Polák J.**, Rádlová S., Vobrubová B., Frynta D. (2020). Venomous snakes elicit a stronger subjective and physiological fear response. *PLoS ONE*, under review.

Rádlová S., **Polák J.**, Janovcová M., Sedláčková K., Peléšková Š., Landová E., Frynta D. (2020). Emotional reaction to fear- and disgust-evoking snakes: Sensitivity and propensity in snake-fearful respondents. *Frontiers in Psychology*, accepted.

Polák J., Rádlová S., Janovcová M., Flegr J., Landová E., Frynta D. (2019): Scary and nasty beasts: self-reported fear and disgust of common phobic animals. *British Journal of Psychology*, Early View. **IF = 3.31**

Janovcová M., Rádlová S., **Polák J.**, Sedláčková K., Peléšková Š., Žampachová B., Frynta D., Landová E. (2019). Human attitude toward reptiles: relationship between fear, disgust and aesthetic preferences. *Animals*, 9(5): 238. **IF = 1.65**

Rádlová S., Janovcová M., Sedláčková K., **Polák J.**, Nácar D., Landová E., Frynta D. (2019). Snakes represent emotionally salient stimuli that may evoke both fear and disgust. *Frontiers in Psychology*, 10: 1085. **IF = 2.13**

Polák J., Landová E., Frynta D. (2018): Undisguised disgust: a psychometric evaluation of a disgust propensity measure. *Current Psychology*, 38(3): 608-617. **IF = 1.47**

Landová E., Bakhshaliyeva N., Janovcová M., Peléšková Š., Suleymanova M., **Polák J.**, Guliev A., Frynta D. (2018). Association between fear and beauty evaluation of snakes: cross-cultural findings. *Frontiers in Psychology*, 9: 333. **IF = 2.32**

Vlček P., **Polák J.**, Brunovský M., Horáček J. (2018): Role of glutamatergic system in obsessive-compulsive disorder with possible therapeutic implications. *Pharmacopsychiatry*, 51: 229-242. **IF = 2.06**

Polák J., Sedláčková K., Nácar D., Landová E., Frynta D. (2016): Fear the serpent: a psychometric study of snake phobia. *Psychiatry Research*, 242: 163-168. **IF = 2.47**

Landová E., Musilová V., **Polák J.**, Sedláčková K., Frynta D. (2016): Antipredatory reaction of the leopard gecko (*Eublepharis macularius*) to snake predators. *Current Zoology*, 62: 439-450. **IF = 1.76**

Polák J., Frynta D. (2015): Offspring sex ratio in domestic goats: Trivers-Willard out of natural selection. *Czech Journal of Animal Science*, 60: 208-215. **IF = 1.18**

Polák J., Frynta D. (2010): Patterns of sexual size dimorphism in cattle breeds support Rensch's rule. *Evolutionary Ecology*, 24: 1255-1266. **IF = 2.40**

Polák J., Frynta D. (2009): Sexual size dimorphism in domestic goats, sheep, and their wild relatives. *Biological Journal of the Linnean Society*, 98: 872-883. **IF = 2.04**

Publications without IF:

Rádlová S., Peléšková Š., **Polák J.**, Landová E., Frynta D. (2018): Emoce vyvolané zvířat II: fear and disgust. [Emotions evoked by animals II: fear and disgust]. *E-psychologie*, accepted. (In Czech)

Rádlová S., Janovcová M., **Polák J.**, Landová E., Frynta D. (2018): Emoce vyvolané zvířat I: krása a estetické preference. [Emotions evoked by animals I: beauty and aesthetic preferences]. *E-psychologie*, 12: 35-50. (In Czech)

Polák J. (2018): Poznáme podvodníky? [Can we recognize cheaters?]. *Psychologie Dnes*, 24: 42-43. (In Czech)

Polák J. (2007): Matka a dítě ve sporu. [Mother and child in conflict]. *Psychologie Dnes*, 13: 30-33. (In Czech)

Book chapters:

Landová, Rádlová S., **Polák J.**, Frynta D. (2017): Evoluční původ fobií ze zvířat. [Evolutionary origin of animal phobias]. In: Horáček, J., Kesner, L., Höschl, C., Španiel, F. *Mozek a jeho člověk, mysl a její nemoc*. Prague: Galén, 2016, pp. 237-247. (In Czech)

Invited speeches:

Polák J. (2018). Fear factor or who is afraid of a snake in the grass. Course of Lifelong Education, 13. 3. 2018, Department of Psychology, Charles University, Prague, Czech Republic

Polák J. (2018). Evolutionary neuropsychology of happiness. Conference on Happiness, 6. - 8. 4. 2018, Prague, Czech Republic.

Selected presentations at international conferences:

Landová E., Rádlová S., **Polák J.**, Sedláčková K., Janovcová M., Tomeček D., Tintěra J., Hlinka J., Frynta D. (2017). Not all snakes are alike: fMRI study of the affective response to different snake species. 13th International Conference for Cognitive Neuroscience, 5. - 8. 8. 2017, Amsterdam, Netherlands.

Polák J., Sedláčková K., Nácar D., Landová E., Frynta D. (2017). The Indiana Jones syndrome: a psychometric study of snake fear. International Convention of Psychological Science, 23. - 25. 3. 2017, Vienna, Austria.

Vlček P., Kohútová B., **Polák J.**, Brunovský M. (2016). Neuropharmacological profile of selected areas responsible for the inhibition of P50 wave: from the P50 wave to off-label treatment of schizophrenia. The 19th Biennial Meeting of the Pharmacology-EEG Society, 26. - 30. 10. 2016, Nijmegen, Netherlands.

Polák J., Frynta D. (2009). Sexual size dimorphism in domestic goats, sheep, and their wild relatives. 5th World Conference on Mountain Ungulates, 10. - 14. 11. 2009, Granada, Spain.

Polák J., Frynta D. (2008). Secondary sex ratio and maternal investment in domestic goats. 9th International Conference on Goats, 31. 8. - 4. 11. 2008, Querétaro, Mexico.

Teaching:

Lectures for master's students of Psychology: Neuropsychology, Biological Psychology, Psychological Diagnostics of Adults

Lectures for master's students of Biology: Basics of Ethology, Sociobiology and Behavioural Ecology