

**Orsolya Tompa, Ph.D.**

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**Research Interests & Skills**

My research interest is in the interdisciplinary approach of sustainable nutrition: connecting health, social, environmental sciences & economics in the methodology. In my recent research line I am studying the possibilities of linking microeconomics with diet modeling. My skill are primarily built on quantitative methods (data analysis, statistics and surveys in Food and Nutritional Sciences) and diet optimization models, but also have experience in qualitative research methodologies: interviews, thematic coding and content analysis.

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**Education**

**Ph.D. in Food Sciences** – *Hungarian University of Agricultural and Life Sciences, HUN, Budapest* (2018–2023), *Summa cum laude*

Thesis: “ Sustainable Diet Optimization and Analysis Applied on the Hungarian Dietary Patterns”

**M.Sc. in Nutritional Sciences** – *Semmelweis University, Faculty of Health Sciences, HUN, Budapest* (2016–2018)

**B.Sc. in Nursing and Patient Care - Dietetics** – *Semmelweis University, Faculty of Health Sciences, HUN, Budapest* (2012–2016)

**Medical translator and Interpreter - Postgraduate specialist training** *Semmelweis University, Faculty of Health Sciences, HUN, Budapest* (2017–2019)

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**Research Experience**

**Marie Skłodowska-Curie Actions postdoctoral fellow** (Sept 2025 -)

*Aix-Marseille University – School of Economics, FRA, Marseille*

SUNEAS Project

**Youth Advisory Group Member | country representative** (2025-)

JA PreventNCD

**Co-researcher** (2024 -)

Tale Project

Conducting qualitative interviews

**Research associate** (2022-2025)

*Hungarian Academy of Sciences, Library and Information Ctr, Dept. Scientometrics and Science Policy, HUN, Budapest*

Studying and reviewing bibliometric methods: analysis and management of bibliometric data, research performance evaluation of different levels of research units, and working on bibliometric studies focusing on nutritional sciences.

**Young researcher - fixed contract** (2024-2025)

*National Research, Development, and Innovation Fund of Hungary | Pro-Sharp Research and Innovation Center Nonprofit Kft, HUN, Budapest*

In the frame of “Complex, evidence-based analysis and optimization of Hungarian dietary patterns to contribute to sustainable and circular food supply chain”.

**Research strategy analyst** (2023)

*Hungarian University of Agriculture and Life Sciences, HUN, Budapest*

Analysis of the research performance of the University and its institutes to establish research strategies to improve its place in the international university rankings.

**Postdoc Trainee** (2022) – 5 months

*Institute of Marine Research CSIC, Chemistry of Marine Products, Vigo, Spain*

EIT Food RIS Fellowship: qualitative and quantitative lipid profile analysis of clinical samples; laboratory measurements and data analysis in the frame of a clinical research project aiming at childhood obesity.

**Research Intern** (2021) – 5 months

MS-Nutrition Marseille, France

Erasmus+ research internship: sustainable diet database building, analysis and optimization.

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**Teaching & Mentorship**

**Lecturer**

Semmelweis University, Faculty of Health Sciences, Dept. of Dietetic and Nutritional Sciences (2025), HUN, Budapest, „Cooking Technology and Colloidics” course

**Visiting Lecturer**

Semmelweis University, Faculty of Health Sciences · Seasonal (2020-), HUN, Budapest, „Sports Health Sciences and Applied Sport Physiology” course

**Supervision of B.Sc. thesis** – 3 students (Semmelweis University | Hungarian University of Agricultural and Life Sciences)

**Demonstrator**

Semmelweis University, Faculty of Health Sciences, Department of Morphology and Physiology (2014-2017), HUN, Budapest

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**Scholarships & Funding**

**Marie Skłodowska-Curie Actions Postdoctoral Fellowship** 2024 call

**EIT Food RIS Talent Fellowship for 6 months**, 2022 at Marine Research Institute - CSIC (Spanish Research Council)

**New National Excellence Program** of the Ministry for Innovation and Technology from the source of the National Research, Development and Innovation Fund (2017-18 and 2021-22)

**Erasmus+ internship, research training** at MS-Nutrition, Marseille 2021 for 5 months

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**Computer skills & Languages**

R, MS office, SPSS, Jamovi, CAT tools

English: full professional proficiency | French: beginner

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**Publications (Selected: International Peer Reviews)**

- **Tompa, O.**, Kiss, A., Soós, S., ... & Szakos, D. (2025). Fifteen years of nova food-processing classification: “friend or foe” among sustainable diet indicators? a scoping review. *nutrition reviews*, 83(4), 771–791. <https://doi.org/10.1093/nutrit/nuae207>
- **Tompa, O.**, Kiss, A., Lakner, Z., & Temesi, Á. (2024). Differences in perspectives on sustainability attributes of dietary protein sources between reduced animal-based dieters and nondieters. *humanities and social sciences communications*, 11(1), 1401. <https://doi.org/10.1057/s41599-024-03932-3>
- **Tompa, O.**, Kiss, A., Maillot, M., .... & Lakner, Z., (2022). Sustainable diet optimization targeting dietary water footprint reduction — a country-specific study. *sustainability*, <https://doi.org/10.3390/su14042309>
- **Tompa, O.**, Lakner, Z., Oláh J... & Kiss, A., (2020). Is the sustainable choice a healthy choice?—water footprint consequence of changing dietary patterns. *nutrients*, <https://doi.org/10.3390/nu12092578>
- **Tompa, O.**, Kanalas O., Kiss, A...& Lakner, Z. (2021). Integrative analysis of dietary water footprint and dietary quality – towards the practical application of sustainable nutrition. *acta alimentaria*. <https://doi.org/10.1556/066.2021.00070>
- **Tompa, O.**, Kiss, A., & Lakner, Z. (2020). Towards the sustainable food consumption in central europe: stochastic relationship between water footprint and nutrition. *acta alimentaria*, <https://doi.org/10.1556/066.2020.49.1.11>

- Kiss, A., **Tompa, O.**, Lakner, Z., ...& Sándor Soós (2025) Conveying Sport Nutrition Information in YouTube Videos: A Qualitative Content Analysis of Dietary Advice and Ways of Communication, *Current Developments in Nutrition*, 107525, ISSN 2475-2991, <https://doi.org/10.1016/j.cdnut.2025.107525>.
- Kiss, A., Soós, S., Temesi, Á., ... & **Tompa, O.** (2023). Evaluation of the reliability and educational quality of youtubetm videos on sport nutrition topics. *journal of the international society of sports nutrition*, <https://doi.org/10.1080/15502783.2023.2278632>,
- Rocabois, A., **Tompa, O.**, Vieux, F., Maillot, M., & Gazan, R. (2022). Diet optimization for sustainability: indigoo, an innovative multilevel model combining individual and population objectives. *sustainability*, <https://doi.org/10.3390/su141912667>
- Nagy, L. B., .....**Tompa, O.**, Bogóné Tóth, Z., Bognár, .B., Fehér, O., & Temesi, Á. (2023). Eliciting vulnerable consumers' preferences for redundant vs. organic and functional claims: experimental auction studies among young and older adults. *journal of agriculture and food research*, <https://doi.org/10.1016/j.jafr.2023>.
- Kiss, A., Pfeiffer, L., Dominek-Hajdu, Z., ... & **Tompa, O.** (2024). How do food service managers look at school catering? a qualitative content analysis of a roundtable discussion on school meals provision. *acta ethnographica hungarica*, <https://doi.org/10.1556/022.2023.00025>
- Kiss, A., Soós, S., **Tompa, O.**, ... & Lakner, Z. (2021). Measuring athletes' perception of the sport nutrition information environment: the adaptation and validation of the diet information overload scale among elite athletes. *nutrients*, <https://doi.org/10.3390/nu13082781>
- Kiss, A., Temesi, Á., **Tompa, O.**, Lakner, Z., & Soós, S. (2021). Structure and trends of international sport nutrition research between 2000 and 2018: bibliometric mapping of sport nutrition science. *journal of the international society of sports nutrition*, <https://doi.org/10.1186/s12970-021-00409-5>