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**ASSESSING EVIDENCE IN  
TRANSLATIONAL  
CHRONOBIOLOGY**

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WORKSHOP PROGRAMME

12-13 June 2023

## OUR SPONSOR



The Institute of Advanced Studies (IAS) at the University of Surrey sponsors workshops and Fellowships at the 'cutting edge' of science, engineering, social science and the humanities. Through this scheme the Institute fosters interdisciplinary collaborations and encourages a flow of international scholars to visit, enjoy their stay at Surrey and leave behind excellent ideas and innovations.

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## INTRODUCTION

One of the main challenges in translating chronobiology research into clinical practice is the differences in how basic scientists and clinicians evaluate evidence.

The workshop will bring together basic scientists and clinicians to assess translational chronobiology evidence on two specific topics, as one would to produce clinical practice guidelines statements and recommendations. The specific features of further studies that are needed will also be examined.

### **Organising committee:**

Professor Sara Montagnese and Professor Debra J. Skene (Chronobiology Section, Faculty of Health and Medical Sciences, University of Surrey)

### **Administrative support:**

Gianluca Giusti (University of Surrey) and Ms Louise Jones (Institute of Advanced Studies)

# PROGRAMME

## DAY 1 – MONDAY 12 JUNE

(GMT)

- 14.30 – 14.45 **Registration**
- 14.45 – 15.30 **Concept and Procedure** - Sara Montagnese, University of Surrey, UK
- 15.30 – 16.15 **Literature Search Results DST** - Gianluca Giusti, University of Surrey, UK
- 16.15 – 17.00 **Literature Search Results School Times** - Chiara Mangini, University of Padua, Italy

## DAY 2 – TUESDAY 13 JUNE

*Topic 1: Do healthy individuals have an increased risk of road traffic accidents during the Daylight Saving Time months (April-October) compared to the standard time months (November-March)?*

Chair: Jonathan Johnston, University of Surrey, UK

- 09.00 – 09.30 **Analysis of the evidence from a Chronobiological perspective** - Eva Winnebeck, University of Surrey, UK
- 09.30 – 10.00 **Analysis of the evidence from a Transportation perspective** - Federico Orsini, University of Padua, Italy

- 10.00 – 11.30 **Discussion, vote, production of a recommendation and a statement** - Eva Winnebeck, Federico Orsini, Sara Montagnese and Delphi Panel

- 11.30 – 12.00 Coffee Break

Chair: Debra J. Skene, University of Surrey, UK

- 12.00 – 13.00 **Translational medicine and public health - how to approach stakeholders** - David McDaid, LSE, UK

- 13.00 – 14.00 Lunch break

*Topic 2: In high school students, do delayed school times result in longer sleep duration compared to regular schedules?*

Chair: Eva Winnebeck, University of Surrey, UK

- 14.00 – 14.30 **Analysis of the evidence from a Chronobiological perspective** - Mary Carskadon, Brown University, US

- 14.30 – 15.00 **Analysis of the evidence from an evidence based medicine perspective** - Lise Lotte Gluud, University of Copenhagen, Denmark

- 15.00 – 16.30 **Discussion, vote, production of a recommendation and a statement** - Mary Carskadon, Lise Lotte Gluud, Sara Montagnese and Delphi Panel

- 16.30 – 17.00 **Closing remarks** - Debra J. Skene, University of Surrey, UK



**FACULTY OF HEALTH  
AND MEDICAL SCIENCES**

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