



Zsófia VARGÁNÉ ÁROK

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Personal Information

Date and place of birth: April 26, 1987, Nagykanizsa, Hungary
Nationality: Hungarian (European Union)

Research Experiences

RESEARCH ASSISTANT | MTA-SZTE BIOCOLLOIDS RESEARCH GROUP | SEP 2021 -

- SZTE – MOL GINOP-2.3.4-15-2020-00006 project
- physicochemical characteristics of polymers and surfactants in high salinity brine

TECHNICAL ASSISTANT | MTA-SZTE BIOCOLLOIDS RESEARCH GROUP | SEP 2020 – AUG 2021

- SZTE – MOL GINOP-2.3.4-15-2020-00006 project

SCIENTIFIC ADMINISTRATOR | BIOLOGICAL RESEARCH CENTRE | MAY 2019 – FEBR 2020

- protein expression with E.coli vector

ASSISTANT EDUCATIONAL ADVISOR | INST. OF FORENSIC SCIENCE, FACULTY OF MEDICINE, UNIVERSITY OF SZEGED | 2011. SZEPTEMBER – 2014. MÁRCIUS

- educational administration, coordination of courses and exams

FORENSIC TOXICOLOGIST CANDIDATE | INST. OF FORENSIC SCIENCE, FAC. OF MEDICINE, UNIVERSITY OF SZEGED | OCT 2010 – MAR 2014

- analysis of drugs and new psychoactive substances from biological samples
- GC-MS method development
- participating in “DRUID (Driving under the Influence of Drugs, Alcohol and Medicines)” EU-project

Education

PHD STUDENT | DOCTORAL SCHOOL OF CHEMISTRY | SEP 2021-| UNIVERSITY OF SZEGED, FAC. OF SCIENCE AND INFORM., DEP. OF PHYSICAL CHEMISTRY AND MATERIALS SCIENCE PROGRAM OF CATALYSIS, SURFACE, COLLOID AND MATERIALS SCIENCE

Supervisor: Dr. SZILÁGYI István

TÁMOP SCHOLARSHIP | DOCTORAL SCHOOL OF INTERDISCIPLINARY MEDICINE | OCT 2010 – MAR 2013 | UNIVERSITY OF SZEGED, FAC. OF MEDICINE, INST. OF FORENSIC MEDICINE PROGRAM OF PREVENTIVE MEDICINE

Supervisor: Dr. KERESZTY Éva

CLINICAL CHEMIST | 2005 – 2010| FAC. OF SCIENCE AND INF., UNIVERSITY OF SZEGED, HUN

2001 – 2005| **BATTHYÁNY LAJOS HIGH SCHOOL, NAGYKANIZSA**

Language skills English B2 (2010)

Study trips

Jun 2011 National Institute for Health and Welfare, HELSINKI

Aug 2011 Universitätsklinikum Freiburg Institute für Rechtsmedizin, FREIBURG

Teaching activities

2020/21 - General Chemistry Laboratory (in Hungarian)

between 2011 and 2013 – toxicology part of Forensic Medicine Practice (in Hungarian)

Conferences

LECTURE |

- **Árok Zs.**, Institóris L., Tóth A. R., Molnár A., Varga T.: Az alkohol, gyógyszer és kábítószer előfordulása balesetet okozó gépjárművezetőknél Csongrád megyében. **Budapest, Magyarország, MIOT Kazuisztikai Nap**; 2011. január 21.
- **Árok Zs.**, Institóris L., Hideg Zs., Tóth A.R., Kereszty É., Varga T.: Method development for analysis of amphetamine-like designer drugs. **Pozsony, Szlovákia, XX. Alpe-Adria-Pannonia International Meeting of Forensic Medicine**; 2011. június 1-4.
- **Árok Zs.**, Tóth A. R., Institóris L., Molnár A., Kereszty É., Varga T.: Frequency of licit and illicit drug consumption among fatally injured drivers in the South East Region of Hungary between 2008 and 2010. **Marosvásárhely, Románia, 4th Symposium of the Osteuropa-Verein e.V. International Symposium on Legal Medicine**; 2011. június 23-26.
- **Árok Zs.**, Varga T., Hideg Zs., Kereszty É., Institóris L.: Amfetamin-típusú designer drogok analízise GC-MS-sel. **Sümege, Magyarország, TOX '11**; 2011. október 12-14.
- **Árok Zs.**, Varga T., Varga T., Kereszty É., Institóris L.: Detection of synthetic cannabinoids by GC-MS from blood and urine samples – a preliminary study. **Szeged, Magyarország, 5th International Symposium of the Osteuropaverein on Legal Medicine**; 2012. április 12-14.

POSTER |

- **Árok Zs.**, Varga T., Tóth A. R., Varga T., Kereszty É., Institóris L.: Analysis and prevalence of certain amphetamine-type designer drugs in Csongrád county (Hungary). **Budapest, Magyarország, The first international conference on novel psychoactive substances - “The ever-changing world of psychoactive drugs”**; 2012.március 12-13.
- **Árok Zs.**, Varga T., Varga T., Kereszty É., Institóris L.: GC-MS method for analysis of synthetic cannabinoids from blood and urine samples. **Freiburg, Németország, 91st Annual Meeting of the German Society of Legal Medicine**; 2012. szeptember 18-22.
- **Árok Zs.**, Hetényi A., Varga T., Nagy J.: Új designer hatóanyag azonosítása lefoglalt, illetve biológiai mintából. **Velence, Magyarország, TOX'13**; 2013. október 16-18.

Publications

MTMT database: Árok Zsófia (fizikai kémia)

<https://m2.mtmt.hu/gui2/?type=authors&mode=browse&sel=10028571&view=simpleList>

- [1] **Z. Árok**, T. Csesztregi, E. Sija, T. Varga, E. Kereszty, R. Toth, and L. Institoris, "Changes in illicit, licit and stimulant designer drug use patterns in South-East Hungary between 2008 and 2015," *LEGAL MEDICINE*, vol. 28, pp. 37–44, 2017.
- [2] L. Institóris, **Z. Árok**, K. Seprenyi, T. Varga, G. Sára-Klausz, É. Keller, R. A. Tóth, L. Sala, É. Kereszty, and K. Róna, "Frequency and structure of stimulant designer drug consumption among suspected drug users in Budapest and South-East Hungary in 2012–2013," *FORENSIC SCIENCE INTERNATIONAL*, vol. 248, no. 0, pp. 181–186, 2015.
- [3] L. Institóris, A. Tóth, A. Molnár, **Z. Árok**, E. Kereszty, and T. Varga, "The frequency of alcohol, illicit and licit drug consumption in the general driving population in South-East Hungary," *FORENSIC SCIENCE INTERNATIONAL*, vol. 224, no. 1–3, pp. 37–43, 2013.
- [4] A. Tóth, K. Kovács, **Z. Árok**, T. Varga, É. Kereszty, and L. Institóris, "The role of stimulant designer drug consumption in three fatal cases in south-east Hungary in 2011," *ROMANIAN JOURNAL OF LEGAL MEDICINE*, vol. 21, no. 4, pp. 275–280, 2013.
- [5] L. Institóris, V. Angyal, **Z. Árok**, É. Kereszty, and T. Varga, "A simple quantitation method for benzoylecgonine from oral fluid, blood and urine samples used for determining 22 illicit and licit drugs by GC-MS with liquid/liquid extraction," *FORENSIC TOXICOLOGY*, vol. 30, no. 1, pp. 59–65, 2012.
- [6] Houwing, Sjoerd ; Hagenzieker, Marjan ; Mathijssen, René ; Bernhoft, Inger Marie ; Hels, Tove ; Janstrup, Kira ; Linden, Trudy Van der ; Legrand, Sara-Ann ; Verstraete, Alain. / Prevalence of alcohol and other psychoactive substances in drivers in general traffic. Part II: Country reports. 2011. 224 p. (Project No. TREN-05-FP6TR-S07.61320-518404-DRUID).
- [7] **Z. Árok**, T. Varga, A. R. Tóth, T. Varga, É. Kereszty, and L. Institóris, "Analysis and prevalence of certain amphetamine-type designer drugs in Csongrád county (Hungary)," *ADDIKTOLÓGIA: ADDICTOLOGIA HUNGARICA*, vol. 11, pp. 63–63, 2012.
- [8] **Z. Árok**, "Az amfetamin típusú stimuláns designer drogok jelenléte Csongrád megyében," in *Igazságügyi orvosi tanulmányok Varga Tibor 70. születésnapja alkalmából = Forensic medical studies for Varga Tibor's 70th birthday*, 2012, pp. 46–56.
- [9] L. Institóris, A. R. Tóth, A. Molnár, **Z. Árok**, É. Kereszty, and T. Varga, "Alkohol, kábítószer és pszichotróp hatású gyógyszerek fogyasztásának gyakorisága a személygépkocsi vezetők körében Csongrád megyében (2008-2010)," in *Igazságügyi orvosi tanulmányok Varga Tibor 70. születésnapja alkalmából = Forensic medical studies for Varga Tibor's 70th birthday*, 2012, pp. 36–45.
- [10] T. Mai and **Z. Árok**, "Anyagcsere zavarak főbb markereinek post-mortem kimutatása a gyakorlatban," in *Igazságügyi orvosi tanulmányok Varga Tibor 70. születésnapja alkalmából = Forensic medical studies for Varga Tibor's 70th birthday*, 2012, pp. 57–70.

Personal Interests

running, baking, cats, scandinavian death metal