

Dr. Maria Meier



Personal Information

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Date & Place of Birth: 06.02.1993, Kelheim, Germany
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Metrics

Publications: 36 (first author: 13)
Project funding: EUR 46k
Citations (h-index): 261 (10; Web of Science), 648 (16; Google Scholar)

Education

10/2017 – 12/2022 **Doctor of natural sciences, University of Konstanz, Germany**
Thesis Advisor: Prof. Dr. Jens Pruessner (Neuropsychology)
Title: Sweet Amplification: Effects of Glucose Intake on Psychophysiological Responses to Stress and Relaxation
Grade: summa cum laude

02/2017 **M.Sc. in Clinical Psychology and Cognitive Neuroscience, Ludwig Maximilian University of Munich, Germany**
Thesis Advisor: Dr. Kathrin Wunsch, University of Freiburg
Grade: very good

07/2014 **B.Sc. in Psychology, University of Regensburg, Germany, and University of Bergen, Norway**
Thesis Advisor: Prof. Dr. Brigitte Kudielka
Grade: very good

Employment history

09/25 – ongoing **Independent Young Researcher, University of Konstanz, Germany**
Working Group: Prof. Dr. Jens Pruessner

12/25 – ongoing **Department of Child and Adolescent Psychiatry/Psychotherapy, University Hospitals Ulm, University of Ulm, Germany**
Working Group: Prof. Dr. Vera Clemens

04/25 – 08/25 **Substitution Professorship for Physiological Psychology (W2), University of Bamberg, Germany**

01/23 – 03/25 **Postdoctoral researcher, University of Konstanz, Germany**
Advisor: Prof. Dr. Jens Pruessner

09/22 – 09/24 **Child and Adolescent Psychiatric Research Unit, University Psychiatric Hospitals Basel (UPK), Switzerland**
Advisor: Dr. Marc Schmid
Project: Oxidative stress as Mediator between Adverse Childhood Experiences and Mental Health Problems in the JAEL high risk cohort of young care leavers, Lead Agency Grant (DFG: 878/2-1; SNSF: 204033, MS with Prof. Dr. Vera Clemens, Prof. Dr. Paul Klauser)

10/17 – 12/22 **Doctoral student, University of Konstanz, Germany**
Advisor: Prof. Dr. Jens Pruessner

Awards and Scholarships

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| 2025–2026 | Scholarships for the German Psychological Society (DGPs) Early-Career Members Project on the Unity and Breadth of Psychology |
| 2025 | Society for the Improvement of Psychological Science (SIPS) Commendation Award with the “ <i>Neuroendocrinology Open Data Exchange Standard</i> ” Task Force |
| 2024 | Young European Research Universities Network (YERUN) Open Science Award on behalf of the “ <i>Neuroendocrinology Open Data Exchange Standard</i> ” Task Force |
| 2023 | Science Prize of the Werner and Erika Messmer Foundation Video on project: http://tinyurl.com/Messmer-meier |
| 2022 | Young European Research Universities Network (YERUN) Mobility Award Interview on the project in collaboration with Dr. Pascal Vrtilčka, University of Essex, UK: http://tinyurl.com/YERUN-meier |
| 2022 | Editor’ Choice Article in <i>Psychoneuroendocrinology</i> for “Validation of an online version of the Trier Social Stress Test in adult men and women” |
| 2022 | Early Career Scholar Award of the International Society of Psychoneuroendocrinology (ISPNE) |
| 2021 | Poster Award of the World Association for Stress Related and Anxiety Disorders (WASAD) |
| 2021 | Welcome Initiative Award of the Society for Behavioral Neuroendocrinology (SBN) |
| 2020 | Best Early Career Abstract Award of the International Society of Psychoneuroendocrinology (ISPNE) |
| 2020 | Listed in Top 100 downloaded neuroscience papers of <i>Scientific Reports</i> for “Standardized massage interventions as protocols for the induction of psychophysiological relaxation in the laboratory: a block randomized, controlled trial” |

Funding

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| Projects | Sum in total: 46.000 € |
| 04/2026 – 12 / 2026 | <i>Creating nodes of consensus: Building templates and infrastructure for a community driven Neuroendocrinology Open Data Exchange Standard (NODES)</i> <i>Organization:</i> Zukunftskolleg, University of Konstanz <i>Role:</i> PI <i>Amount:</i> ca. 9.000 € (expenses for research assistant and meeting) |
| 01/2025 – 12/2026 | <i>Crossing borders between lab and field: A pharmacological study on the effects of insulin and glucose on stress reactivity and recovery (CROSSINGS)</i> <i>Organization:</i> Committee on Research (AFF) of the University of Konstanz <i>Role:</i> Principal Investigator <i>Amount:</i> 11.000 € (expenses for materials and research assistant) |
| 01/2025 | <i>Neuroendocrinology Open Data Exchange Standard (NODES)</i> <i>Organization:</i> Young European Research Universities Network (YERUN) |

- Role:* Applicant
Amount: 2.000 € (Open Science prize money for project expenses)
- 07/2023 – 02/2025 *The influence of sugar on the neuronal, endocrine and cardiovascular response to stress (Sweet Stress) - an experimental study using near-infrared spectroscopy*
- Organization:* Werner and Erika Messmer Foundation
Role: Principal Investigator
Amount: 10.000 € (expenses for materials and research assistant)
- 05/2023 – 09/2024 *Sweet Memories: The influence of glucose-related insulin release on stress responsivity and memory after psychosocial stress*
- Organization:* Young Scholar Fund of the University of Konstanz
Role: Principal Investigator
Amount: 14.000 € (expenses for materials and research assistant)
- Mobility & Career** **Sum in total: 17.700 €**
2024 *Konstanzia Fellowship*
- Mentoring, networking and co-funding for female postdoctoral researchers
Amount: 7.000€
- 2020 – 2023 *Travel Grants*
- Organization:* International Office, University of Konstanz
Conferences: International Society of Psychoneuroendocrinology (ISPNE) in London, UK, and Chicago, Illinois, USA; European Brain and Behavior Society (EBBS) in Lausanne, CH; World Association for Stress Related and Anxiety Disorders (WASAD) in Vienna, AT;
Cumulative amount: 6.700 €
- 2020 *Mentoring with Experts and international Networking (MEiN) follow-up*
- Organization:* Equal Opportunities Office, University of Konstanz
Funded research stay: Prof. Dr. Sonia Lupien, Montreal, Quebec, CAN
Amount: 2.000 €
- 2019 *Mentoring with Experts and international Networking (MEiN)*
- Organization:* Equal Opportunities Office, University of Konstanz
Funded research stay: Prof. Dr. Sonia Lupien, Montreal, Quebec, CAN
Amount: 2.000 €

Peer Reviewed Articles

**shared first authorship (equal contribution)*
First authors of original work are underlined.

1. **Meier, M.**, Unternaehrer, E., Dimitroff, S., Denk, B., Gaertner, R., Klink, E. S. C., ... Pruessner, J. C. (2024). Interaction of glucose and standardized massage administration on cardiac reactivity in healthy adults. *International Journal of Psychophysiology*, 224, 113367. <https://doi.org/10.1016/j.ijpsycho.2026.113367>
2. **Meier, M.**, Merz, C. J., Rüttgens, T., Wolf, O. T., & Pruessner, J. C. (2026). The influence of glucose administration on stress reactivity and long-term memory in adult men and women. *Psychoneuroendocrinology* 185, 107741. <https://doi.org/10.1016/j.psyneuen.2025.107741>
3. **Meier, M.**, Schalinski, I., Boonmann, C., Jenkel, N., Seker, S., d'Huart, D., ... & Bürgin, D. (2025). Differential effects of childhood maltreatment types and timing on psychopathology

- in formerly out-of-home placed young adults. *European Psychiatry* 68(1), e160, 1–10. <https://doi.org/10.1192/j.eurpsy.2025.10127>
4. **Kördel, M., Meier, M.,** Kühnel, A., & Kroemer, N. B. (2025). Metabolic state shapes cortisol reactivity to acute stress: A systematic review and meta-analysis of metabolic and hormonal modulators. *Neurobiology of Stress*, 100764.
 5. **Bürgin, D.,** Nishimi, K., Clemens, V., **Meier, M.,** Unternaehrer, E., Gurri, L., ... & O'Donovan, A. (2025). Associations of lifetime stressors and health behaviors with inflammation in young adults previously placed in youth residential care. *Brain, Behavior, & Immunity-Health*, 101098.
 6. Gaertner, R.J., Klink, E. S. C., Benz, A. B. E., Denk, B.F., **Meier, M.** et al. (2025). Patients with borderline personality disorder show initially reduced psychophysiological relaxation levels but intact relaxation response. *Comprehensive Psychiatry*, 142, 152618. <https://doi.org/10.1016/j.comppsy.2025.152618>
 7. **Meier, M.,** Dimitroff, S.J., Denk, B.F. et al. (2025). Effect of sweet and caloric drinks on cardiac reactivity to slow-paced breathing in healthy adults. *Scientific Reports* 15, 17368. <https://doi.org/10.1038/s41598-025-00980-w>
 8. **von Wendorff, C.,** Bürgin, D. , **Meier, M.,** Boonmann, C., d'Huart, D., Habersaat, S., Schmid, M., Fegert, J. M., Clemens, V. (2025). Psychological resilience and childhood maltreatment: The role of self-efficacy, personality functioning and social support in young adult residential care leavers. *Child Abuse & Neglect*, 163, 107317. <https://doi.org/10.1016/j.chiabu.2025.107317>
 9. **Bürgin, D.,** Witt, A., Seker, S., d'Huart, D., **Meier, M.,** ... & Schmid, M. (2025). Childhood maltreatment and mental health problems in a 10-year follow-up study of adolescents in youth residential care: A latent transition analysis. *Development and Psychopathology* 37: 68–83, <https://doi.org/10.1017/S0954579423001426>
 10. **Bentele, U.U.,** Strobel, P., **Meier, M.** et al. (2025). The effect of mortality salience and early-life maternal care on neuroendocrine, autonomic, and psychological stress responses. *Scientific Reports*, 15, 1349. <https://doi.org/10.1038/s41598-025-85380-w>
 11. **Gaertner, R.J.,** Burkart, M., Richter, L., ..., **Meier, M.,** ... Pruessner, J. (2024). Early life adversity blunts the subjective and physiological relaxation response in healthy adults. *Scientific Reports*, 14, 27992. <https://doi.org/10.1038/s41598-024-78340-3>
 12. **Meier, M.,** Vinkers, C. H., Pruessner, J. C., & Sep, M. S. C. (2024). Open science needs a standardized data format: Suggestions for the field of psychoneuroendocrinology. *Psychoneuroendocrinology*, 169, 107170. <https://doi.org/10.1016/j.psyneuen.2024.107170>
 13. **Gilo, I.,** Biegert, C., Segel-Karpas, D., Benz, A., **Meier, M.,** Palgi, Y., & Pruessner, J. (2024). Exploring the efficacy of sense of Okayness (SOK) as an antidote for stress in older adults: the role of SOK elevation intervention, heart rate variability (HRV), and cognitive performance in stressful and relaxing situations. *Stress*, 27(1). <https://doi.org/10.1080/10253890.2024.2371145>
 14. Röseler, L., Kaiser, L., Doetsch, C., Klett, N., Seida, C., Schütz, A., ... **Meier, M.,** ... Zhang, Y. (2024). The Replication Database: Documenting the Replicability of Psychological Science. *Journal of Open Psychology Data*, 12(1), 8. <https://doi.org/10.5334/jopd.101>
 15. **Meier, M.,** Kantelhardt, S., Gurri, L., Stadler, C., Schmid, M., Clemens, V., ... Unternaehrer, E. (2024). Childhood trauma is linked to epigenetic age deceleration in young adults with previous youth residential care placements. *European Journal of Psychotraumatology*, 15(1). <https://doi.org/10.1080/20008066.2024.2379144>
 16. **Bentele, U.U.,** Klink, E.S.C., Benz, A.B.E. **Meier, M.,** ... Pruessner, J.C. (2024). The effect of cognitive reappraisal and early-life maternal care on neuroendocrine stress

- responses. *Scientific Reports*, 14, 6837. <https://doi.org/10.1038/s41598-024-57106-x>
17. **Meier, M.**, Martarelli, C.S. & Wolff, W. (2024) Is boredom a source of noise and/or a confound in behavioral science research?. *Humanities and Social Science Communications*, 11, 368. <https://doi.org/10.1057/s41599-024-02851-7>
 18. Sep, M. S. C., Veenmann K., ... **Meier, M.**, ... & Vinkers, Ch., (2024). The STRESS-EU database: A European resource of human acute stress studies for the worldwide research community. *Neuroscience Applied*, 3, 104063. <https://doi.org/10.1016/j.nsa.2024.104063>
 19. Bürgin, D., Witt, A., Seker, S., d'Huart, Delfine, **Meier, M.**, ... & Schmid, M. (2023). Childhood maltreatment and mental health problems in a 10-year follow-up study of adolescents in youth residential care: A latent transition analysis. *Development and Psychopathology*. 2023:1-16. doi:10.1017/S0954579423001426
 20. Dimitroff, S. J., Würfel, L., **Meier, M.**, Faig, K. E., Benz, A. B.E., Denk, F., Bentele, U. U., Unternaehrer, E., Pruessner, J. C. (2023). Estimation of antibody levels after COVID-19 vaccinations: Preliminary evidence for immune interoception, *Biological Psychology*, 182, 108636. <https://doi.org/10.1016/j.biopsycho.2023.108636>.
 21. Nebe, S., Reutter, M., Baker, D. H., Bölte, J., Domes, G., Gamer, M., ... **Meier, M.**, ... & Feld, G. B. (2023). Enhancing precision in human neuroscience. *Elife*, 12, e85980. <https://doi.org/10.7554/eLife.85980>
 22. Gaertner, R. J., Kossmann, K. E., Benz, A. B., Bentele, U. U., **Meier, M.**, Denk, B. F., ... & Pruessner, J. C. (2023). Relaxing effects of virtual environments on the autonomic nervous system indicated by heart rate variability: A systematic review. *Journal of Environmental Psychology*, 102035.
 23. Benz, A.B.E., Dimitroff, S.J., Jeggle, C. Gaertner, R. J., **Meier, M.**, ... & Pruessner, J. C. (2023). Increased empathic distress in adults is associated with higher levels of childhood maltreatment. *Scientific Reports*, 13, 4087. <https://doi.org/10.1038/s41598-023-30891-7>
 24. Hu, X., **Meier, M.**, & Pruessner, J. (2023). Challenges and opportunities of diagnostic markers of Alzheimer's disease based on structural magnetic resonance imaging. *Brain and Behavior*, e2925.
 25. **Meier, M.**, Lonsdorf, T. B., Lupien, S. J., Stalder, T., Laufer, S., Sicorello, M., ... & Puhlmann, L. M. (2022). Open and reproducible science practices in psychoneuroendocrinology: opportunities to foster scientific progress. *Comprehensive Psychoneuroendocrinology*. <https://doi.org/10.1016/j.cpnc.2022.100144>
 26. **Meier, M.**, Haub, K., Schramm, M. L., Hamma, M., Bentele, U. U., Dimitroff, S. J., ... & Pruessner, J. C. (2022). Validation of an online version of the Trier Social Stress Test in adult men and women. *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2022.105818>
Editor's Choice article in June 2022
 27. Benz, A. B., Gaertner, R. J., **Meier, M.**, Unternaehrer, E., Scharndke, S., Jupe, C., ... & Pruessner, J. C. (2022). Nature-Based Relaxation Videos and Their Effect on Heart Rate Variability. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2022.866682>
 28. **Meier, M.**, Bentele, U. U., Benz, A., Denk, B., Dimitroff, S. J., Pruessner, J., & Unternaehrer, E. (2021). Effects of psychological, sensory, and metabolic energy prime manipulation on the acute endocrine stress response in fasted women. *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2021.105452>
 29. Bentele, U. U.*, **Meier, M.***, Benz, A. B. E., Denk, B. F., Dimitroff, S. J., Pruessner, J. C., & Unternaehrer, E. (2021). The impact of maternal care and blood glucose availability on the cortisol stress response in fasted women. *Journal of Neural Transmission*. <https://doi.org/10.1007/s00702-021-02350-y>

30. Denk, B., Dimitroff, S.J., **Meier, M.**, ... & J., Pruessner (2021). Influence of stress on physiological synchrony in a stressful versus non-stressful group setting. *Journal of Neural Transmission*. <https://doi.org/10.1007/s00702-021-02384-2>
31. Benz, A. B., Kloker, L. V., Kuhlmann, T., **Meier, M.**, Unternaehrer, E., Bentele, U. U., ... & Pruessner, J. C. (2021). Psychometrische Kennwerte einer deutschen Übersetzung des Parental Bonding Instrument. *PPmP-Psychotherapie- Psychosomatik- Medizinische Psychologie*. <https://doi.org/10.1055/a-1503-5328>
32. **Meier, M.**, Unternaehrer, E., Dimitroff, S. J., Benz, A. B., Bentele, U. U., Schorpp, S. M., ... & Pruessner, J. C. (2020). Standardized massage interventions as protocols for the induction of psychophysiological relaxation in the laboratory: a block randomized, controlled trial. *Scientific Reports*. <https://doi.org/10.1038/s41598-020-71173-w>
in the top 100 downloaded neuroscience papers for Scientific Reports in 2020
33. **Meier, M.**, Unternaehrer, E., Schorpp, S. M., Wenzel, M., Benz, A., Bentele, U. U., Dimitroff, S. J., Denk, B., & Pruessner, J. C. (2020). The opposite of stress: The relationship between vagal tone, creativity and divergent thinking. *Experimental Psychology*. <https://doi.org/10.1027/1618-3169/a000483>
34. **Meier, M.**, Wirz, L., Dickinson, P. & Pruessner, J. (2020). Laughter Yoga reduces the cortisol response to acute stress in healthy individuals. *Stress*. <https://doi.org/10.1080/10253890.2020.1766018>
35. Wunsch, K., **Meier, M.**, Ueberholz, L., Strahler, J., & Kasten, N. (2019). Acute psychosocial stress and working memory performance: the potential of physical activity to modulate cognitive functions in children. *BMC Pediatrics*. <https://doi.org/10.1186/s12887-019-1637-x>
36. Benz, A., **Meier, M.**, Mankin, M., Unternaehrer, E., & Pruessner, J. C. (2019). The duration of the cortisol awakening pulse exceeds sixty minutes in a meaningful pattern. *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2018.12.225>

Preprints

1. Hartmann, H., Azevedo, F., Röseler, L., ... **Meier, M.**, ... Leech, G. (2025, December). Tracking and mainstreaming replications in the social, cognitive, and behavioral sciences. https://doi.org/10.31222/osf.io/ad2w6_v1. *MetaArXiv Preprint*.
2. **Meier, M.**, Gurri, L., Beck, K., d'Huart, D., Jawinski, P., Boonmann, C., ... Unternaehrer, E. (2025, August 8). Epigenetic signatures of different types of childhood maltreatment in a high-risk sample: a preregistered replication study. https://doi.org/10.31234/osf.io/9j2v7_v1 (under review in *Translational Psychiatry*)
3. von Wendorff, C., **Meier, M.**, Dwir, D., Klauser, P., Bürgin, D., Demirkiran, G., ... & Clemens, V. (2025). Redox dysregulation, inflammation and mental health in adults with high risk of childhood maltreatment. <https://doi.org/10.21203/rs.3.rs-6801083/v1> (under review in the *European Child and Adolescent Psychiatry*)
4. Denk, B., Dimitroff, S., **Meier, M.**, Wienhold, S., Gaertner, R., Klink, E. S. C., ... Pruessner, J. C. (2024). Physiological synchrony of the autonomic nervous system - an analysis and comparison of different methods. <https://doi.org/10.31234/osf.io/dws8c>
5. Benz, A.*, **Meier, M.***, Bentele, U. U., Dimitroff, S. J., Denk, B., Pruessner, J., & Unternaehrer, E. (2020). Early life adversity, dispositional mindfulness, and longitudinal stress experience during the COVID-19 pandemic. <https://doi.org/10.31234/osf.io/5kt6z>

Book Chapters

Unternaehrer, E., **Meier, M.**, Bouvette-Turcot, A. A., & Dass, S. A. H. (2020). Long-term epigenetic effects of parental caregiving. *Developmental Human Behavioral Epigenetics: Principles, Methods, Evidence, and Future Directions*, 23, 105.

Thesis

Meier, M. (2022). Sweet Amplification: Effects of Glucose Intake on Psychophysiological Responses to Stress and Relaxation [dissertation]. Konstanz: University of Konstanz. Konstanz. <http://nbn-resolving.de/urn:nbn:de:bsz:352-2-red6gux96ifc7>

Research visits

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| 05/23 | Department of Psychology, University of Essex, Colchester, UK Dr. Pascal Vrtička |
| 04/19 & 11-12/21 | Department of Psychiatry of the University of Montreal, and Center for Human Stress Research in Montreal, Quebec, CAN Prof. Dr. Sonia Lupien |
| 06/17 – 07/17 | Chair of Health Psychology of the Friedrich Alexander University of Erlangen, GER Prof. Dr. Nicolas Rohleder |
| 04/16 – 07/16 | Chair of Sport Psychology of the Albert Ludwig University of Freiburg, GER Prof. Dr. Reinhard Fuchs |
| 10/13 – 12/13 | Department of Biological and Medical Psychology of the University of Bergen, NO Prof. Dr. Robert Murison |

Talks (selection)

Contributions to conference symposia

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| 06/2025 | Towards more open data in psychoneuroendocrinology: Introducing the Neuroendocrinology Open Data Exchange Standard (NODES) Task Force. Part of the „IGOR Symposium: Open Science initiatives in biopsychological research“, Psychology and Brain conference, Würzburg, Germany. |
| 10/2024 | Exploring Links Between Autonomic Reactivity to Relaxation And Different Risk Factors for Psychopathology. Part of the symposium: “Rhythms of resilience: Unveiling the role of heart rate in understanding the risk and resilience for stress-related psychopathology”, annual meeting of the Society for Psychophysiological Research (SPR), Prague, Czechia |
| 02/2024 | Exploring Differential Effects of Severity and Timing of Early Adversity on Psychopathology in Young Adults with Previous Youth Residential Care Placements. Part of the symposium: „What is particularly relevant and when? From methodology and recording to the diverse health consequences of stressful childhood experiences“, German Society for Psychotraumatology (DeGPT) conference, Vienna, Austria. |
| 01/2024 | Childhood Trauma Is Linked to Epigenetic Age Deceleration in Young Adults with Previous Youth Residential Care Placements. Part of the symposium „Early Life Adversity and Epigenetics: Moving from Community to High-Risk Samples“, Swiss Society for Early Childhood Research (SSECR) conference, St. Gallen, Switzerland. |
| 06/2023 | Early Life Adversities and Epigenetic Age Acceleration in Young Adults with Previous Youth Residential Care Placements. Part of the symposium „Developmental Epigenetics - Bridging the Gap between environmental adversity, the genome, and behaviour“, 20 th European Society for Child and Adolescent Psychiatry (ESCAP) conference, Copenhagen, Denmark. |

- 06/2023 The Effect of Glucose Administration on Autonomic Responses to a Soft-Shoulder Massage. Part of the symposium „Eat, Play, Work: The Interplay Between Energy Metabolism And Adaptive Behavior“, Psychology and Brain conference, Tübingen, Germany.
- 06/2023 Early Life Adversities and Epigenetic Age Acceleration in Young Adults with Previous Youth Residential Care Placements. Part of the symposium „A look under the hood: Neurobiological, Epigenetic and Neuroendocrine Correlates of Early Adversity and Measurement Heterogeneity“, Psychology and Brain conference, Tübingen, Germany.
- 06/2020 The opposite of stress: The relationship between vagal tone, creativity, and divergent thinking. Part of the accepted symposium „The Psychobiology of Stress and Cognition: Experimental Approaches“, Psychology and Brain conference, Freiburg, Germany. *Cancelled due to Covid-19.*
- 06/2019 In search for a standardized protocol for parasympathetic nervous system activation. Part of the symposium „The opposite of stress: effects of relaxation paradigms on biomarkers and their association with health and disease“, Psychology and Brain conference, Dresden, Germany.

Invited and other talks

- 12/2025 On Stress and Aging: Biological Correlates of Early Adversity in Young Adults with Histories of Out-of-Home Care. Talk in the Research Colloquium of ZI Mannheim, Germany.
- 10/2025 On stress, energy and aging. CESH research colloquium, Prof. Dr. Sonia Lupien, Dr. Robert-Paul Juster, University of Montreal, Quebec, Canada.
- 09/2025 Metadata reporting standards: an example from the Neuroendocrinology Open Data Exchange Standard (NODES). Invited talk at the conference of Experimental Neuroendocrinology, Freising, Germany.
- 09/2025 Neuroendocrinology Open Data Exchange Standard (NODES). Invited talk in the Early Career Scholars Pre-Conference Workshop “The Open PNE Lab: Coding, Standards, and Sharing for a Transparent Future”, ISPNE conference, New Orleans, Louisiana, US.
- 07/2024 Can we understand stress independent of relaxation? Research colloquium, Prof. Dr. Urs Nater, University of Vienna, Austria.
- 05/2024 Der Einfluss von Zucker auf psychophysiologische Stress- und Entspannungsreaktionen. [The Impact of Sugar on Psychophysiological Responses to Stress and Relaxation.] Research Colloquium, Prof. Dr. Nicolas Rohleder, Friedrich-Alexander-Universität Erlangen, Germany.
- 02/2024 Stresspuffereffekte: Wer (oder was) puffert Stress, wodurch, wann und wie lange? [Stress buffering effects: Who (or what) buffers stress, how, when and for how long?]. Virtual talk in the Social Neuroscience seminar, Prof. Dr. Gregor Domes and Dr. Bernadette von Dawans, University of Trier, Germany.
- 01/2022 Hormones and behavior: a virtual tour to the biochemical laboratory. Virtual talk in the research colloquium of the Graduate School for Cognitive Science, Technical University Kaiserslautern.
- 12/2021 The effect of sweet and caloric drinks on the physiological stress response. CESH research colloquium, Prof. Dr. Sonia Lupien, University of Montreal, Quebec, Canada.

- 05/2021 Stress, relaxation, and psychopathology – The effect of sweet and caloric drinks on physiological stress and relaxation responses. Virtual neuroMADLAB meeting, Prof. Dr. Nils B. Kroemer, University of Tübingen, Germany.
- 04/2019 All you need is...? Investigating the role of parental care and energy intake in the cortisol stress response. CESH research colloquium, Prof. Dr. Sonia Lupien, University of Montreal, Quebec, Canada.

Chaired symposia

Open Science in Psychoneuroendocrinology, chaired with Prof. Dr. Jens Pruessner at the International Society of Psychoneuroendocrinology conference in 2024.

Psychoneuroendocrine Research in the Era of the Replication Crisis, chaired with Prof. Dr. Sonia Lupien at the International Society of Psychoneuroendocrinology conference in 2021.

Academic service

- 2025 – ongoing Deputy member of the commission of Inquiry into scientific misconduct, University of Konstanz
- 2025 – ongoing Section Editor at *Stress & Health (Wiley)* for the section Psychophysiological Processes of Stress
- 2025 – ongoing Deputy member of the commission of Responsibility in Research of the University of Konstanz
- 2024 Member of an appointment committee for the W3-professorship for Cognitive Psychology at the University of Konstanz
- 2023 – 2025 Representative of the postdoctoral researchers in the Council of the Department of Psychology, University of Konstanz
- 2023 – 2024 Representative of the Early Career Scholars of the German Society of Psychophysiology and its Application (DGPA) (2021 – 2023: deputy)
- 2020 – 2023 Representative of the Early Career Scholar Committee of the International Society of Psychoneuroendocrinology (ISPNE)
- 2020 – 2022 Member of the Ethics Committee of the University of Konstanz
- 2019 – 2021 Representative of the doctoral researchers in the Council of the Department of Psychology, University of Konstanz

Teaching

- summer 2025 **Biological Psychology (lecture, BA Psychology)**
University of Bamberg, Germany
- summer 2025 **Hormones and Behavior (seminar, BA Psychology)**
presentation and discussion of recent findings in the field of psychoneuroendocrinology
University of Bamberg, Germany
- summer 2025 **Selected research methods in biological psychology (seminar, BA and MA Psychology)**
introduction to different research methods (e.g., hormones, ECG, and fNIRS), discussion of their application and recent findings
University of Bamberg, Germany
- summer 2024, **Research colloquium (BA and MA Psychology)**

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| winter 2025 | support for graduating Bachelor's students of the working group in conceptualization and conductance of experimental studies, support in statistical analyses, writing, and presentation University of Konstanz, Germany |
| winter 2023, 2024, 2025 | R Bootcamp (seminar, BA and MA Psychology) basics of data management and R programming for data preprocessing and statistical analysis University of Konstanz, Germany |
| winter 2021, 2022, summer 2024 | Perception and Cognition (seminar, BA Psychology) basics of sensory and cognitive systems University of Konstanz, Germany |
| summer 2021, 2020, 2018 winter 2024, 2025 | Empirical-Experimental Project Seminar (seminar, BA Psychology) conceptualizing, conducting and reporting experimental studies University of Konstanz, Germany |
| winter 2019, summer 2019, 2022, 2023 | Measuring Hormones 101 – Biochemical Assays for the Determination of Hormones using Cortisol (seminar, BA and MA Psychology) assessment and biochemical analysis of salivary cortisol with practical implementation in the wet lab University of Konstanz, Germany |
| winter 2017, 2018, 2019 | Psychological Methods for Optimal Exam Preparation (seminar, BA and MA Psychology) interdisciplinary seminar with psychology and law students covering applied methods of self-management and stress reduction University of Konstanz, Germany |

Supervision

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| since 2024 | Member of the Thesis Advisory Committee of PhD student Carina Rose, ZI Mannheim, Germany |
| since winter term 2018 | Co-supervision of more than 50 Bachelor and Master Students, University of Konstanz, Germany |

Memberships in Scientific Societies

- German Society of Psychology (DGPs), Division Biological Psychology and Neuropsychology, Interest Group for Open and Reproducible Science (IGOR), Division Health Psychology
- German Society for Psychophysiology and its Application e. V. (DGPA)
- International Society of Psychoneuroendocrinology (ISPNE)
- Society for Psychophysiological Research (SPR)

Skills and Training

- **Endocrinology & Metabolism:** ELISAs (i.e., cortisol, salivary alpha-amylase, insulin), blood glucose measurement (from capillary blood and continuous systems), certificate to perform venous blood draw upon delegation
- **Psychophysiology:** electrocardiography and impedance cardiography (i.e., heart rate, heart rate variability, respiration, pre-ejection period)
- **Imaging:** functional near-infrared spectroscopy, structural magnetic resonance imaging (i.e., manual segmentation of hippocampus and surrounding ventricle)
- **Statistics:** basic and advanced frequentist statistics (e.g., longitudinal data analysis using growth curves) and basics in Bayesian statistics; R, JASP and SPSS
- **Teaching:** Baden-Württemberg Certificate for Teaching and Learning at University Level (11/2024)

- **Leadership:** Certificate for leadership, management, and knowledge transfer of the University of Konstanz (03/2021)

Reviewer activities

Journals Appetite, Biological Psychology, BMC Psychology, European Child & Adolescent Psychiatry, Experimental Psychology, inquisitive Mind, Journal of Psychophysiology, Psychoneuroendocrinology, Psychophysiology, Scientific Reports, Social Cognitive and Affective Neuroscience, Social Science & Medicine, Stress: The International Journal on Biology of Stress, Zeitschrift für Psychologie.

Science Communication

2025 Lecture at the KinderCollege of the Duale Hochschule Baden-Württemberg, Karlsruhe: "Alarm im Körper! Was bei Stress passiert und warum Entspannung wichtig ist"
2025 Open Science Slam of the University of Konstanz
2024 Takeover of *RealScientists* BlueSky Account (3k follower)
2023 Takeover of *RealScientists* Twitter Account (20k follower)
2022 *Hegau Bodensee Seminar* on "Synchrony" with school-aged children
2020 Takeover of *RealScientists* Twitter Account (10k follower)

Media Coverage

- Die Zeit Online, 07.02.2024: Signal ans Hirn: Chill!
- The Times (Ireland), 20.02.2021: The 10-minute wellbeing fix (Sir David swears by it)
- Psychology Today, 21.09.2020: The Benefits of Short Bursts of Relaxation
- Forbes, 20.09.2020: New Study Shows Short Relaxation Techniques Reduce Mental And Physical Stress

Konstanz, May 12, 2026