

EVA NAUMANN, DR.

EDUCATION AND TRAINING

PHD, DR. RER. NAT.

Jul 2015

Eberhard Karls University, Tübingen, Germany

Topic: "Emotion regulation dysfunction in women with anorexia and bulimia nervosa" (grade: summa cum laude)

LICENSE AS CLINICAL PSYCHOTHERAPIST

Oct 2014

Educational Institute for Behavior Therapy (FAVT), Albert-Ludwigs University, Freiburg, Germany

M.SC. PSYCHOLOGY

Nov 2008

Philipps University, Marburg, Germany

B.SC. PSYCHOLOGY

Sep 2004

Philipps University, Marburg, Germany

ACADEMIC/CLINICAL POSITIONS AND EXPERIENCES

POSTDOCTORAL RESEARCHER

Dec 2015 - present

Department of Clinical Psychology and Psychotherapy, Eberhard Karls University, Tübingen, Germany

VISITING RESEARCH FELLOW

Nov 2014 - Nov 2015

Eating and Weight Disorder Program, Mount Sinai Hospital, New York

DOCTORAL RESEARCHER

Jan 2009 - Oct 2014

Department of Clinical Psychology and Psychotherapy, Albert-Ludwigs University, Freiburg, Germany

CLINICAL PSYCHOLOGIST

Jan 2009 - Oct 2014

Outpatient Clinic for Psychotherapy, Albert-Ludwigs University, Freiburg, Germany

Aug 2012 - Nov 2012 and Jan 2010 - Aug 2010

Borderline Personality Disorder and Sleep Disorder Treatment Center, Psychiatric University Hospital, Albert-Ludwigs University, Freiburg, Germany

**PUBLICATIONS
(SELECTION)**

- Naumann, E., Tuschen-Caffier, B., Voderholzer, U., Schäfer, J. Ö., & Svaldi, J. (2016).** Effects of emotional acceptance and rumination on media-induced body dissatisfaction in anorexia and bulimia nervosa. *Journal of Psychiatric Research, 82*, 119-125.
- Schäfer, J. Ö., **Naumann, E.**, Holmes, E. A., Tuschen-Caffier, B., & Samson, A. C. (2016). Emotion regulation strategies in depressive and anxiety symptoms in youth: A meta-analytic review. *Journal of Youth and Adolescence.*
- Naumann, E., Tuschen-Caffier, B., Voderholzer, U., & Svaldi, J. (2016).** Spontaneous emotion regulation in anorexia and bulimia nervosa. *Cognitive Therapy & Research, 40*, 304-313.
- Naumann, E., Tuschen-Caffier, B., Voderholzer, U., Caffier, D., & Svaldi, J. (2015).** Rumination but not distraction increases eating-related symptoms in anorexia and bulimia nervosa. *Journal of Abnormal Psychology, 124*, 412-420.
- Naumann, E., Trentowska, M. & Svaldi, J. (2015).** The effects of an implicit self-esteem manipulation on body dissatisfaction in binge eating disorder. *Journal of Experimental Psychopathology, 6*, 1-12.
- Svaldi, J., Tuschen-Caffier, B., Biehl, S. C., Gschwendtner, K., Wolz, I., & **Naumann, E. (2015).** Effects of two cognitive regulation strategies on the processing of food cues in high restrained eaters. An event-related potential study. *Appetite, 92*, 269-277.
- Naumann, E., Tuschen-Caffier, B., Vorderholzer, C., & Svaldi, J. (2014).** On the role of sadness in the psychopathology of anorexia nervosa. *Psychiatry Research, 215*, 711-717.
- Svaldi, J. & **Naumann, E. (2014).** Emotion regulation and its effects on experimentally-induced body dissatisfaction in binge eating disorder. *European Eating Disorders Review, 22*, 338-345.
- Svaldi, J., **Naumann, E.**, Trentowska, M., & Schmitz, F. (2014). General and food-specific inhibitory deficits in binge eating disorder. *International Journal of Eating Disorders, 47*, 534-542.
- Svaldi, J., Tuschen-Caffier, B., Trentowska, M., Caffier, D., & **Naumann, E. (2014).** Differential caloric intake in overweight females with and without binge eating: effects of a laboratory-based emotion-regulation training. *Behavior Research and Therapy, 56*, 39-46.

Naumann, E., Trentowska, M. & Svaldi, J. (2013). Increased salivation to mirror exposure in women with binge eating disorder. *Appetite*, 65, 103-110.

Buhlmann, U., Teachman, B. A., Naumann, E., Fehlinger, T., & Rief, W. (2009). The meaning of beauty: Implicit and explicit self-esteem and attractiveness beliefs in body dysmorphic disorder. *Journal of Anxiety Disorders*, 23, 694-702.

CONFERENCES (SELECTION)

Naumann, E., Tuschen-Caffier, B., Voderholzer, U., Lackner, H., & Svaldi, J. (2015). *Spontaneous emotion regulation in anorexia and bulimia nervosa*. 27th Annual Convention of the Association for Psychological Science, New York, USA.

Naumann, E., Vocks, S., Tuschen-Caffier, B., Herpertz, S., Pietrowsky, R., Sembill, A., & Bender, C. (2013). *Meta-analysis of the effectiveness of psychological interventions for binge eating disorders*. 31th Symposium of the German Psychological Society (DGP; Clinical Psychology and Psychotherapy Unit), Trier, Germany.

Naumann, E., Tuschen-Caffier, B., Voderholzer, U., & Svaldi, J. (2012). *The effects of acceptance and rumination on body dissatisfaction in bulimia nervosa*. 30th Symposium of the German Psychological Society (DGP; Clinical Psychology and Psychotherapy Unit), Luxemburg, Luxemburg.

Naumann, E., Tuschen-Caffier, B., Thiele, E., & Blechert, J. (2009). *Body image avoidance und body checking: a behavioral paradigm*. 27th Symposium of the German Psychological Society (DGP; Clinical Psychology and Psychotherapy Unit), Zürich, Schweiz.

RESEARCH FUNDING *Jun 2016 - Jun 2017*

Grant from the Institutional Strategy of the University of Tuebingen for the project "Effects of evaluative conditioning on body dissatisfaction in bulimia nervosa" (Deutsche Forschungsgemeinschaft, ZUK63; 24,182 €/ approx. 26,386 US\$)

Nov 2014-Oct 2015

Foreign Exchange Research Scholarship awarded by the Christina Barz Foundation (32,340 €/ approx. 43,995 US\$)

Sep 2010 - Sep 2013

Doctoral Scholarship from the International Graduate Academy, Freiburg, Germany (36,000 €/ approx. 48,975 US\$)

**JOURNAL REVIEWER
(AD HOC)**

- Acta Psychopathologica
- Appetite
- Body Image
- Clinical Epidemiology
- Clinical Psychology Review
- Cognitive Therapy and Research
- Comprehensive Psychiatry
- Ernährungsumschau
- European Eating Disorders Review
- Journal of Experimental Psychopathology
- Journal of Psychiatry Research
- Kindheit und Entwicklung
- Psychiatry Research
- Psychotherapie - Psychosomatik - Medizinische Psychologie
- Zeitschrift für Klinische Psychologie und Psychotherapie
- Zeitschrift für Psychiatrie, Psychologie und Psychotherapie

**TEACHING
EXPERIENCE**

ALBERT-LUDWIGS UNIVERSITY, FREIBURG

Fall Semester 2014

Seminar: Clinical Psychological Disorders

Spring Semester 2013

Seminar: Basic Skills in Clinical Psychological Interventions

Workshop: Eating disorder diagnosis

Fall Semester 2012

Lecture: Data Collection in Psychological Research and Therapy

Seminar: Empirical and Experimental Field Work

Workshop: Eating disorder diagnosis

Fall Semester 2010

Workshop: Literature Research in Clinical Psychology

PHILIPPS UNIVERSITY, MARBURG

Spring Semester 2007

Tutor for the Clinical Intervention Program

Spring Semester 2005 - Spring Semester 2006

Tutor for Statistics and SPSS