

**BIOGRAPHICAL SKETCH**

NAME Jennifer Svaldi, Ph.D.	POSITION/TITLE Full Professor
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**EDUCATION/TRAINING**

INSTITUTION AND LOCATION	DEGREE	YEAR(S)	FIELD OF STUDY
University of Salzburg, Austria	B.Sc.	1996	Psychology
University of Salzburg, Austria	M.Sc.	2000	Psychology
University of Salzburg, Austria	Ph.D. (Dr. rer. nat.)	2002	Clinical Psychology
Bayerische Private Akademie für Psychotherapie, Munich, Germany	State License (Approbation)	2004	
Regierungspräsidium Stuttgart	Supervisor License (CBT)	2010	
University of Freiburg, Germany	Postdoc	2007-2014	Clinical Psychology

**A. Positions and Employment**

2000 - 2001	Psychologist at the Christian-Doppler inpatient clinic, Salzburg, Austria
2001 - 2004	Psychologist at the inpatient psychosomatic clinic Roseneck, Germany
2004 - 2007	Psychotherapist (CBT) and Supervisor for eating disorders in the inpatient psychosomatic clinic Roseneck, Germany
2007 - 2012	Postdoctoral fellow at the University of Freiburg, Germany
2010 – 2011	“Vertretungsprofessur” (substitution of vacant chair) of the Department of Clinical Psychology and Psychotherapy, University of Freiburg)
2012 – 2014	Assistant Professor at the Department of Clinical Psychology, University of Freiburg, Germany
2014 - present	Full Professor

**B. Research grants (selection)**

- Svaldi, J. (applicant), Ehlis, AC. (co-applicant). Changes in neuronal processing of food cues by attention modification in binge eating disorder. Swiss Anorexia Nervosa Foundation
- Svaldi, J., Plewnia, Ch., Fallgatter A., Tuschen-Caffier, B. (all applicants/principal investigators). Augmentative effects of tDCS on a body-related attentional retraining in women with bulimia nervosa. German Research Foundation
- Svaldi, J., Hallschmid, M. (all applicants/principal investigators). Role of oxytocin in attentional bias and reward-related food intake in binge eating disorder. German Research Foundation
- Svaldi, J., Tuschen-Caffier, B. (all applicants/principal investigators). Effects of an attentional bias modification training on eating behavior in binge eating disorder. German Research Foundation
- Svaldi, J. (applicant), Naumann, E. (co-applicant). Use of D-Cycloserine in women with bulimia nervosa and OSFED. Swiss Anorexia Nervosa Foundation
- Svaldi, J. (applicant), Biehl, S. (co-applicant). The effects of negative mood and self-awareness on eating behavior in children with loss of control eating. Swiss Anorexia Nervosa Foundation

- Svaldi, J. (applicant), Domes, G. (co-applicant). Neural correlates of overvaluation of shape and weight in binge eating disorder. Else Kröner-Fresenius Stiftung
- Svaldi, J. (applicant). Mirror exposure for the treatment of body image distortion in anorexia nervosa. Research Innovation Fund, University of Freiburg
- Svaldi, J. (applicant), Tuschen-Caffier, B. (co-applicant). Body dissatisfaction in binge eating disorder: cognitive and affective mechanisms of maintenance. German Research Foundation
- Svaldi (applicant), Heinrichs, M. (co-applicant). The effects of evaluative stress on body dissatisfaction. Swiss Anorexia Nervosa Foundation
- Svaldi, J., Berking, M. (both applicants/principal investigators). Deficits in emotion regulation as a maintaining factor in binge eating disorder. German Research Foundation

#### C. Awards

2011	Christina-Barz Award: Award for excellent research in the field of eating disorders
2014	Hilde Bruch Award: Award for young academics researching in the field of eating disorders

#### D. Peer-reviewed articles

- de Zwaan, M., Herpertz, S., Zipfel, S., **Svaldi, J.**, Friederich, H.-C., Schmidt, F., Mayr, A., Lam, T., Schade-Brittinger, C., Hilbert, A. (accepted). Internet-based guided Self-help for Overweight and Obese patients with Full or Subsyndromal Binge Eating Disorder (INTERBED): A Randomized Clinical Non-inferiority Trial. *JAMA Psychiatry*
- Schmitz, F. & **Svaldi, J.** (2017). Effects of Bias Modification Training in Binge Eating Disorder. *Behavior Therapy, 48*, 707-717.
- Svaldi, J.**, Schmitz, & Tuschen-Caffier, B. (2017). Kognitiv-affektive Neuropsychologie der Binge-Eating-Störung (= Cognitive-affective neuropsychology of binge eating disorder). *Der Psychotherapeut [Sonderheft Psychotherapie bei Essstörungen: Neuere Forschungsergebnisse]*, 62 (3), 194-203.
- Trentowska, M., **Svaldi, J.**, Blechert, J., & Tuschen-Caffier, B. (2017). Does habituation really happen? Investigation of psycho-biological responses to body exposure in bulimia nervosa. *Behaviour Research and Therapy, 90*, 111-122.
- Asbrand, J., **Svaldi, J.**, Krämer, M., Breuninger, C. & Tuschen-Caffier, B. (2016). Familial accumulation of social anxiety symptoms and maladaptive emotion regulation. *PLoS ONE, 11* (4):e0153153
- Svaldi, J.**, Bender, C., Caffier, D., Ivanova, V., Mies, N., Fleischhaker, Ch. & Tuschen-Caffier, B. (2016). Negative mood increases selective attention to negatively valenced body parts in female adolescents with anorexia nervosa. *PLoS ONE, 11* (4): e0154462
- Naumann, E., Tuschen-Caffier, B. Voderholzer, U., Schäfer, J. & **Svaldi, J.** (2016). Effects of emotional acceptance and rumination on media-induced body dissatisfaction in eating disorders. *Journal of Psychiatric Research, 82*, 119-125.
- 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.
- Naumann, E., Tuschen-Caffier, B., & **Svaldi, J.** (2015). Spontaneous emotion regulation in anorexia and bulimia nervosa. *Cognitive Therapy and Research, 40*, 304-313.
- Naumann, E., Tuschen-Caffier, B. Voderholzer, U. & **Svaldi, J.** (2015). Rumination but not distraction increases eating-related symptoms in anorexia and bulimia nervosa. *Journal of Abnormal Psychology, 124*, 412-420.
- Schmitz, F., Naumann, E. & **Svaldi, J.** (2015). Gating of attention towards food stimuli in overweight women with binge eating disorder. *Appetite, 95*, 368-374.

- Tuschen-Caffier, B., Bender, C., Caffier, D., Klenner, K., Braks, K. & **Svaldi, J.** (2015). Selective visual attention during mirror exposure in anorexia and bulimia nervosa. *PLoS ONE*, *10*, e0145886.
- Svaldi, J.**, Naumann, E. & Schmitz, F. (2015). Impaired early-response inhibition in overweight females with and without binge eating disorder. *PLoS ONE*, *10*, 1-19.
- Svaldi, J.**, Tuschen-Caffier, B., Biehl, S., 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.
- Berking, M., Wirtz, C., **Svaldi, J.**, & Hofman, S. (2014). Successful Emotion Regulation Skills Application Negatively Predicts Depressive Symptom Severity over Five Years in Individuals Reporting at least some Depressive Symptoms at Baseline. *Behavior Research and Therapy*, *10.1016/j.brat.2014.03.003*.
- Brauhardt, A., de Zwaan, M., Herpertz, St., Zipfel, S., **Svaldi, J.**, Friederich, H. Ch., Hilbert, A. (2014). Therapist Adherence in Individual Cognitive-Behavioral therapy for Binge-Eating Disorder: Assessment, Course, and Predictors. *Behaviour Research and Therapy*, *61*, 55-60.
- Matthies, S., Philipsen, A., Lackner, H. K., Sadohara, C. & **Svaldi, J.** (2014). Regulation of sadness via acceptance or suppression in adult attention deficit/hyperactivity disorder (ADHD). *Psychiatry Research*, *220*, 461-467.
- 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.
- Scheel, C. N., Bender, C., Tuschen-Caffier, B., Brodführer, A., Matthies, S., Hermann, C., Geisse, S. K., **Svaldi, J.**, Brakemeier, E., Philipsen, A. & Jacob, G. (in press). Do patients with different mental disorders show specific aspects of shame? *Psychiatry Research*, doi: <http://dx.doi.org/10.1016/j.psychres.2014.07.062>
- Schmitz, F., Naumann, E., Trentowska, M. & **Svaldi, J.** (2014). Attentional bias in binge eating disorder. *Appetite*, *80*, 70-80.
- 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. (2014). Neues aus dem DSM-5: Binge-Eating-Störung. *Info Neurologie & Psychiatrie*, *16* (2), 50-54.
- 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.**, Schmitz, F., Trentowska, M., Tuschen-Caffier, B., Berking, M. & Naumann, E. (2014). Cognitive interference and a food-related memory bias in binge eating disorder. *Appetite*, *72*, 28-36.
- Svaldi, J.**, Trentowska, M., Bender, C., Naumann, E. & Tuschen-Caffier, B. (2014). Effektivität eines Emotionsregulationstrainings in der Gruppe bei Frauen mit Binge-Eating-Störung: Eine Pilotstudie. = Effectivity of an emotion regulation training in group-format for women with binge eating disorder: a pilot study. *Zeitschrift für Psychiatrie, Psychologie und Psychotherapie*, *62* (1), 19-26.
- 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.
- Trentowska, M., **Svaldi, J.** & Tuschen-Caffier, B. (2014). Efficacy of body exposure as treatment component for patients with eating disorders. *Journal of Behavior Therapy and Experimental Psychiatry*, *45*, 178-185.
- Tuschen-Caffier, B. & **Svaldi, J.** (2014). Evidence-based diagnostics and psychotherapy of eating disorders. *Psychotherapeut*, *59* (3), 253-264.
- Naumann, E., Trentowska, M. & **Svaldi, J.** (2013). Increased salivation to mirror exposure in women with binge eating disorder. *Appetite*, *50*, 103-110.
- Svaldi, J.**, Naumann, E., Trentowska, M., Lackner, H. K. & Tuschen-Caffier, B. (2013). Emotion regulation and its influence on body dissatisfaction in overweight women. *Journal of Experimental Psychopathology*, *4* (5), 529-445.

- Matthies, S., Philipsen, A. & **Svaldi, J.** (2012). Risky decision making in adults with ADHD. *Journal of Behavior Therapy and Experimental Psychiatry*, 43, 938-946.
- Svaldi, J.**, Dorn, Ch., Matthies, S. & Philipsen, A. (accepted). Effects of suppression and acceptance of sadness on the urge for non-suicidal self-injury and self punishment. *Psychiatry Research*
- Svaldi, J.**, Griepenstroh, J., Tuschen-Caffier, B., & Ehring, T. (2012). Emotion Regulation Deficits in Eating Disorders: a marker of eating pathology or general psychopathology? *Psychiatry Research*, 197, 103-111.
- Svaldi, J.**, Philipsen, A. & Matthies, S. (2012). Risky decision-making in borderline personality disorder. *Psychiatry Research*, 197, 112-118.
- Svaldi, J.**, Caffier, D., & Tuschen-Caffier, B. (2012). Automatic and intentional processing of body pictures in binge eating disorder. *Psychotherapy and Psychosomatics*, 81, 52-53.
- Svaldi, J.**, Tuschen-Caffier, B., Lackner, H., Zimmermann, S. & Naumann, E. (2012). The effects of emotion regulation on the desire to overeat in restrained eaters. *Appetite*, 59, 256-263.
- Svaldi, J.**, Ababneh, M., Trentowska, M., & Tuschen-Caffier, B. (2011). Overgeneral memory in binge eating is linked to binge frequency. *Journal of Experimental Psychopathology*, 2, 77-92.
- Svaldi, J.**, Caffier, D., & Tuschen-Caffier, B. (2011). Attention for ugly body parts is increased in women with binge eating disorder. *Psychotherapy and Psychosomatics*, 80, 186-188.
- Svaldi, J.**, Dorn, C., & Trentowska, M. (2011). Effectiveness for interpersonal problem solving is reduced in women with binge eating disorder. *European Eating Disorders Review*, 19, 331-341.
- Svaldi, J.**, Zimmermann, S., & Naumann, E. (2011). The impact of an implicit manipulation of self-esteem on body dissatisfaction. *Journal of Behavior Therapy and Experimental Psychiatry*, 43(1), S. 581-586. DOI: 10.1016/j.jbtep.2011.08.003.
- Bender, C., **Svaldi, J.**, & Tuschen-Caffier, B. (2010). Skalen zur Erfassung von Essstörungen im Kindes- und Jugendalter. *Klinische Diagnostik und Evaluation*, 2, 164-186.
- Neubauer, K., Bender, C., Tuschen-Caffier, B., **Svaldi, J.**, & Blechert, J. (2010). Erfassung dysfunktionaler Kognitionen zum Body Checking: eine deutschsprachige Version der Body Checking Cognitions Scale (BCCS) [Assessment of dysfunctional cognitions in body checking: a German version of the body checking cognitions scale (BCCS)]. *Zeitschrift für Klinische Psychologie und Psychotherapie*, 39(4), 251-260.
- Svaldi, J.**, Tuschen-Caffier, B., Peyk, P., & Blechert, J. (2010). Information processing of high caloric food pictures in women with binge eating disorder. *Appetite*, 55, 685-694.
- Svaldi, J.**, Bender, C., & Tuschen-Caffier, B. (2010). Explicit memory bias for positively valenced body-related cues in women with binge eating disorder. *Journal of Behavior Therapy and Experimental Psychiatry*, 41(1), 251-257.
- Svaldi, J.**, Brand, M., & Tuschen-Caffier, B. (2010). Decision-making impairments in women with binge eating disorder. *Appetite*, 54(1), 84-92.
- Svaldi, J.**, Caffier, D., & Tuschen-Caffier, B. (2010). Emotion Suppression but Not Reappraisal Increases Desire to Binge in Women with Binge Eating Disorder. *Psychotherapy and Psychosomatics*, 79(3), 188-190.
- Svaldi, J.**, Caffier, D., Blechert, J., & Tuschen-Caffier, B. (2009). Body-related film clip triggers desire to binge in women with binge eating disorder. *Behaviour Research and Therapy*, 47, 790-796. (IF: 2.995).
- Svaldi, J.** (2006). Kognitiv-verhaltenstherapeutische Behandlung bei einem Patienten mit Tinnitus und narzisstischer Persönlichkeitsstörung. *Verhaltenstherapie und Verhaltensmedizin*, 27 (2), 204–220.
- Mackinger, H. F. & **Svaldi, J.** (2004). Autobiographical memory predicts cognitive but not somatic change in sleep apnea patients vulnerable for affective disorder. *Journal of Affective Disorders*, 81 (1), 17-22. (IF: 3.271).
- Svaldi, J.** (2004). Kognitiv-verhaltenstherapeutische Behandlung einer Patientin mit Posttraumatischer Belastungsstörung und Anorexia nervosa. *Verhaltenstherapie und Verhaltensmedizin*, 25 (2), 231–250.

**Svaldi, J. & Mackinger, H. F. (2003).** Obstructive sleep apnea syndrome: Autobiographical memory predicts the course of depressive affect after nCPAP therapy. *Scandinavian Journal of Psychology*, 44, 1, 31-37. (IF: 1.148).

**Svaldi, J. & Mackinger, H. F. (2003).** Veränderung der Spezifität autobiographischer Erinnerungen durch Stimmungsinduktion. *Zeitschrift für Klinische Psychologie, Psychiatrie und Psychotherapie*, 51, 2, 144-157.

E. (Ad hoc) Reviewer

Advances in Eating Disorders

Appetite

Behavior Modification

Behavior Therapy

Biological Psychology

Body Image

Behavior Research and Therapy

British Journal of Health Psychology

Clinical Psychology Review

Cognitive Therapy and Research

DFG (German Research Foundation)

Diagnostica

Diagnostik und Evaluation

Eating and Weight Disorders

European Eating Disorders Review

European Journal of Psychological Assessment

European Research Council (ERC)

International Journal of Eating Disorders

International Journal of Psychology

Journal of Experimental Psychopathology

Journal of Psychiatric Research

Kindheit und Entwicklung

Klinische Psychologie und Psychotherapie

Luxemburg Fond

Medical Research Council

NWO (Netherlands Organisation for Scientific Research)

Psychiatry Research

Psychotherapeut

Psychotherapie Psychosomatik Medizinische Psychologie

Psychotherapy and Psychosomatics

SANS (Swiss Anorexia Nervosa Foundation)

SNF (Swiss National Science Foundation)

Self and Identity

Verhaltenstherapie

Zeitschrift für Klinische Psychologie und Psychotherapie