

**Prof. Dr. BEATE DITZEN****1) General information**

Date of birth: 28 July, 1975  
 Gender: Female  
 Address: Heidelberg University  
 Institute of Medical Psychology  
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 Email: beate.ditzen@med.uni-heidelberg.de  
 Position: Full Professor (W3) Medical Psychology and Psychotherapy, Medical Faculty,  
 Heidelberg University  
 Director, Institute of Medical Psychology, Heidelberg University Hospital  
 Children: None  
 Parental leave, if applicable: None

**2) University training and degree**

1998 - 2002 M.Sc. [Diplom in Psychologie], Humboldt-Universität zu Berlin; Title of master thesis: "Effects of attachment, relationship quality and social support on psychoneuroendocrine stress responses"; Advisors: PD Dr. Bruno Kopp (Berlin), Prof. Dr. Ulrike Ehlert (Zurich), & Dr. Markus Heinrichs (Zurich)  
 1995 - 1998 B.A. [Licence de Psychologie], University of Burgundy, Dijon, France

**3) Advanced academic qualifications**

2004 Ph.D. [Dr. phil.], Doctoral degree: Psychology, University of Zurich, Switzerland, Title of Ph.D. thesis: "Effects of Romantic Partner Interaction on Psychological and Endocrine Stress Protection in Women"; Advisors: Prof. Dr. Ulrike Ehlert, Prof. Dr. Lutz Jäncke  
 2004 Ph.D. in Neuroscience, Ph.D.-Program of the Neuroscience Center Zurich (ZNZ), 2004; Certificate of completion from Prof. Dr. Martin E. Schwab and Dr. Wolfgang Knecht 12/2004

**4) Postgraduate professional career**

Since 2016 Founder and Head of the Center for Psychosocial Medicine's biochemical analysis laboratory (Stress Biomarkers Lab: analysis of cortisol, sex-hormones, oxytocin and alpha amylase from saliva), Heidelberg University  
 Since 2015 Founder and Head of the Outpatient Clinic and Psychotherapy Research Unit (Integrative Psychotherapy for patients with medical or mental illness), Institute of Medical Psychology  
 Since 2015 Psychotherapy supervisor (Cognitive Behavioral Therapy, CBT)  
 Since 2014 Director, Institute of Medical Psychology, Heidelberg University  
 2012 - 2014 Group leader within the Neuroscience Center Zurich (ZNZ), Endocrine and Autonomic Regulation, Neuroimmunology Branch, Zurich

2012 - 2014	Liaison-counselling psychotherapist, University Hospital Zurich, Departments of Gynecology and Obstetrics (Chair: Dr. R. Zimmermann) and Neonatology (Chair: Dr. H. U. Bucher)
Since 2010	Board-licensed Psychotherapist (Cognitive behavioural therapy & behavioural medicine)
2007	Intern, Psychological Liaison Counselling, Clinic for Gynaecology and Obstetrics, Grady Memorial Hospital, Atlanta GA, USA
2007 - 2014	Senior research associate [Oberassistentin], University of Zurich
2005 - 2007	Post-doctoral research fellow, Emory University School of Medicine, Atlanta, USA
2002 - 2004	Graduate student, Department of Psychology, Div. of Clinical Psychology and Psychotherapy (Chair: Dr. U. Ehler), University of Zurich
1999 - 2000	Research assistant, Humboldt University of Berlin, Clinical Psychology, Research Group Behavioural Neuroscience (Chair: Dr. H. Flor), Berlin, Germany

## **5) Other**

### Awards and honours:

Since 2018	Trust Lecturer [Vertrauensdozentin], Studienstiftung d. deutschen Volkes
2019 - 2020	Marsilius-Kolleg Heidelberg University; Fellow
2019	German Psychological Association, Division of Biological Psychology; Betreuerpreis
Since 2018	Studienstiftung des deutschen Volkes; Trust Lecturer [Vertrauensdozentin]
2016 - 2017	Marsilius-Kolleg Heidelberg University; Fellow
2016	International Society for Behavioral Medicine (ISBM), International Communication Award
2016	German Psychological Association, Division of Clinical Psychology, Betreuerpreis
2013	Full professorship (W3), Clinical Psychology, University of Göttingen; Job offer (declined)
2012	Associate professorship, University of Fribourg, Switzerland; Second-place ranking
2012	Full professorship (W3), Health Psychology, University of Ulm; Third-place ranking
2009	American Psychosomatic Society (APS), Young Scholars Award
2005 - 2007	Swiss National Science Foundation (SNF), Post-Doctoral Fellowship USA

### Panels and coordinating functions:

Since 2022	Board Member, Studienstiftung des deutschen Volkes
Since 2020	International Society of Behavioral Medicine (ISBM); Treasurer, board member
Since 2020	Deutsche Forschungsgemeinschaft (DFG) Review Board, 110-05 Differential, Clinical and Medical Psychology, Methods; elected member
Since 2019	Faculty Board Medical Faculty, Heidelberg University; elected member
Since 2019	Ethics Board, Medical Faculty Heidelberg University; member

2017	Initiator and Coordinator, International Summer School on Social Processes and Mental Health, Santander Universades and Heidelberg University
Since 2016	German Association of Medical Psychology (DGMP), elected board member
Since 2012	Excellence-Database "AcademiaNet"; member
2011 - 2015	International Society of Behavioral Medicine (ISBM); Newsletter Editor, board member

#### Editorial Boards:

Since 2020	Psychotherapie Psychosomatik medizinische Psychologie (PPmP) Editorial Board; invited member
2019 - 2020	Scientific Reports Editorial Board; member
Since 2016	Journal of Medical Psychology Editorial Board: Invited Member
Since 2014	Psychoneuroendocrinology: Editor of "How to..." Series, Editorial Board Member

## 6) Publications

### A)

Aguilar-Raab, C., Stoffel, M., Hernandez, C., Rahn, S., Moessner, M., Steinhilber, B., & Ditzen, B. Effects of a mindfulness-based intervention on mindfulness, stress, salivary alpha-amylase and cortisol in everyday life. **Psychophysiology**; 58(12): e13937, 2021.

Ditzen, B., Aguilar-Raab, C., Winter, F., Hernández, C., Schneider, E., Bodenmann, G., Heinrichs, M., Ehlert, U., Läuchli, S. Effects of intranasal oxytocin and positive couple interaction on immune factors in skin wounds. **Brain Behav Immun.** 107: 90-97, 2022.

Hopf, D., Schneider, E., Aguilar-Raab, C., Scheele, D., Ditzen, B., & Eckstein, M. Loneliness and diurnal cortisol levels during COVID-19 lockdown: the roles of living situation, relationship status and relationship quality. **Scientific Reports**; 12(1): 15076, 2022.

Nees, F., Ditzen, B., & Flor, H. When shared pain is not half the pain: enhanced central nervous system processing and verbal reports of pain in the presence of a solicitous spouse. **Pain**; 163(9), e1006-e101, 2022.

Pfeifer, A. C., Schroeder-Pfeifer, P., Schneider, E., Schick, M., Heinrichs, M., Bodenmann, G., Ehlert, U., Herpertz, S. C., Lauchli, S., Eckstein, M., & Ditzen, B. Oxytocin and positive couple interaction affect the perception of wound pain in everyday life. **Molecular Pain**; 16, 1744806920918692, 2020.

Schick, M., Germeyer, A., Boettcher, B., Hecht, S., Geiser, M., Rösner, S., Eckstein, M., Vomstein, K., Toth, B., Strowitzki, T., Wischmann, T. and Ditzen, B. Partners matter: The psychosocial well-being of couples when dealing with endometriosis. **Health Qual Life Outcomes**; 20(1), 86, 2022.

Schick, M., Roesner, S., Germeyer, A., Moessner, M., Bauer, S., Ditzen, B., & Wischmann, T. Smartphone-supported Positive Adjustment Coping Intervention (PACI) for couples undergoing fertility treatment: a randomised controlled trial protocol. **BMJ Open**; 9(7), e025288, 2019.

Stoffel, M., Aguilar-Raab, C., Rahn, S., Steinhilber, B., Witt, S. H., Alexander, N., & Ditzen, B. Effects of Mindfulness-Based Stress Prevention on Serotonin Transporter Gene Methylation. **Psychotherapy and Psychosomatics**; 88(5), 317-319, 2019.

Stoffel, M., Abbruzzese, E., Rahn, S., Bossmann, U., Moessner, M., & Ditzen, B. Covariation of psychobiological stress regulation with valence and quantity of social interactions in everyday life: disentangling intra- and interindividual sources of variation. **J Neural Transm** (Vienna); doi:10.1007/s00702-021-02359-3, 2021.

Stoffel, M., Neubauer, A. B., & Ditzen, B. How to assess and interpret everyday life salivary cortisol measures: A tutorial on practical and statistical considerations. **Psychoneuroendocrinology**; 133, 105391, 2021.

**B) other publications:** -

**C) Patents:** -