



# Curriculum Vitae: Jessica Fritz

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## EDUCATION

- 2016 - present PhD in Psychiatry, University of Cambridge, Newnham College
- topic: the study of mental health resilience and well-being in individuals with and without exposure to adversity
  - aim 1: studying how we best can define and measure adversity
  - aim 2: conceptualizing and computing transdiagnostic mental health indices
  - aim 3: identifying and investigating which and how protective factors prevent mental health problems, in individuals with and without childhood adversity
- 2014 - 2016 Research Master in Clinical and Health Psychology, Leiden University, mean grade = 8.75 (cum laude)
- 2015 - 2016 Research Master Thesis, Department of Psychiatry, University of Cambridge, grade = 9 (cum laude)
- The Neural Basis of Social Support Following Exposure to Childhood Adversities
- 2015 - 2016 Research Master Internship, Department of Psychiatry, University of Cambridge, grade = 9.5 (cum laude)
- statistical seminars, clinical interviewing and assessment trainings, attending symposia, research planning, participant recruitment, participant assessments using clinical, cognitive and neuroimaging techniques, data analysis
- 2011 - 2014 Bachelor of Science in Psychology, Leiden University, mean grade = 8.17
- 2013 - 2014 Honours Research Bachelor Project, Department of Developmental and Educational Psychology, Leiden University, grade = 9 (cum laude)
- Dynamic Testing, Static Testing and Cognitive Flexibility in Relation to School Achievement of 7- to 9 Year Old Children

## PUBLICATIONS

### Published: first author

- 2019 **Fritz, J.**, Stochl, J., Fried, E. I., Goodyer, I. M., van Borkulo, C. D., Wilkinson, P. O., & van Harmelen, A.-L. Unravelling the Complex Nature of Resilience Factors and their Changes between Early and Later Adolescence. *BMC Medicine*, 17: 203. <https://doi.org/10.1186/s12916-019-1430-6>
- Analysis code is available [here](#)
- 2019 **Fritz, J.**, Stretton, J., Askelund, A. D., Walsh, N., Schweitzer, S., Elzinga, B. E., Goodyer, I. M., Wilkinson, P. O. & van Harmelen, A.-L. Mood and Neural Responses to Social Rejection Do not Seem to Be Altered in Resilient Adolescents with a History of Adversity. *Development and Psychopathology*, 1-13. <http://dx.doi.org/10.1017/S0954579419000178>
- 2018 **Fritz, J.**, Fried, E. I., Goodyer, I. M., Wilkinson, P. O., van Harmelen, A.-L. A Network Model of Resilience Factors for Adolescents with and without Exposure to

Childhood Adversity. *Scientific Reports*, 8: 15774. <https://doi.org/10.1038/s41598-018-34130-2>

- Analysis code is available [here](#)

2018 **Fritz, J.**, de Graaff, A.-M., Caisley, H., van Harmelen, A.-L., & Wilkinson, P. O. A Systematic Review of Amenable Resilience Factors that Moderate and/ or Mediate the Relationship between Childhood Adversity and Mental Health in Young People. *Frontiers in Psychiatry. Special Issue: Resilience, Life Events, Trajectories and The Brain*, 9: 230. <https://doi.org/10.3389/fpsy.2018.00230>

#### Published: co-author

2019 Kalisch, R., Cramer, A. O. J. Binder, H., **Fritz, J.**, Leertouwer, I., Lunansky, G., Meyer, B., Timmer, J., Veer, I. M., & van Harmelen, A.-L. Deconstructing and Reconstructing Resilience: A Dynamic Network Approach. *Perspectives on Psychological Sciences*. <https://doi.org/10.1177/1745691619855637>

#### Submitted/ in revision

2020 **Fritz, J.**, Stochl, J., Goodyer, I. M., van Harmelen, A.-L., & Wilkinson, P. O. Embracing the Positive: An Examination of How Well Resilience Factors at Age 14 Can Predict Distress at age 17. *Manuscript submitted for publication*. Pre-print available from: <https://osf.io/k7as3/>

- Analysis code is available [here](#)

2019 Schlechter, P.,\* **Fritz, J.**,\* & Wilkinson, P. O. Exploring Ways of Measuring Childhood Adversity: A Comparison of Presence vs. Absence, Severity and Frequency Indicators. *Manuscript in revision*. Pre-print available from: <https://osf.io/zf8r9/>; \*shared first author

- Analysis code is available [here](#)

#### Protocols

2017 **Fritz, J.**, van Harmelen, A.-L., & Wilkinson, P. O. *RESIST – Resilience Study: What Helps Students to Adapt to Exam Stress?* Approved on the 20<sup>th</sup> of December 2017 by the Cambridge Psychology Research Ethics Committee. PRE.2017.096

2016 **Fritz, J.**, de Graaff, A. M., Caisley, H., van Harmelen, A.-L., & Wilkinson, P. O. *Resilience following Childhood Adversity (CA): A Systematic Review of Resilience Factors which Mitigate the Risk of Psychopathology after the Exposure to CA*. PROSPERO: International prospective register of systematic reviews. CRD42016051978. [https://www.crd.york.ac.uk/prospero/display\\_record.php?RecordID=51978](https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=51978)

## GRANTS

### Major

2016 3.5 year Pinsent Darwin Fund (£52,500) + 3 year Sackler Fund (£6,000), awarded to fully finance my PhD stipend

2016 3 year MRC Doctoral Training Grant (~ £7.857 annually), awarded to fully finance my PhD tuition costs

2016 MRC Doctoral Training Support/Additional Allowances Fund (£15,300), awarded to fund additional research costs such as participant reimbursement

### Minor

2019 Travel grant for an invited Workshop on Network Modelling for Resilience Related Research at the 5<sup>th</sup> International Symposium on Resilience Research (max €500)

- 2017 Travel grant for my Young Researcher Talk at the 3<sup>rd</sup> International Symposium on Resilience Research (max €500)
- 2017 MRC Doctoral Training Flexible Supplement Fund for a 1-week internship with Eiko Fried at the University of Amsterdam, PsychoSystems Group (£1,730)
- 2015 Erasmus Internship Scholarship for a Research Internship at the University of Cambridge, Department of Psychiatry (€1,560)
- 2013 Honour Research Bachelor Project Allowances Fund, awarded to fund additional research costs such as participant reimbursement (€450)

## ORGANIZED SYMPOSIA

- 2016 Co-host (together with Professor Raffael Kalisch and Dr. Anne-Laura van Harmelen) for the *Examining Resilience in Longitudinal Cohort Studies Using Multi-Modal Data Analysis* Symposium conducted on the 13<sup>th</sup> of December 2016 at the University of Cambridge, Cambridge, United Kingdom.

## PRESENTATIONS (\*invited)

- 2019\* **Fritz, J.** (17<sup>th</sup> December). *A Network Approach to Mental Health Resilience: Theory, Practice and Applications*. Presented at the Oxford OCEAN Lab Seminar, Oxford, UK. Slides available at: <https://osf.io/g4j9n/>
- 2019 **Fritz, J.** (18<sup>th</sup> July). *Unravelling the Complex Nature of Resilience Factors (RFs) following Childhood Adversity: An Investigation of RF Mean Levels and RF Interrelations during Adolescence*. Presented at the 9<sup>th</sup> World Congress of Behavioural and Cognitive Therapies, Berlin, Germany.
- 2019\* **Fritz, J.** (7<sup>th</sup> February). *Unravelling the Complex Nature of Resilience Factors (RFs) following Childhood Adversity: An Investigation of RF Mean Levels and RF Interrelations during Adolescence*. Presented at the Johannes Gutenberg University Medical Center, Mainz, Germany.
- 2018 **Fritz, J.** (21<sup>st</sup> November). *Do Resilience Factors (RFs) Fluctuate from Early to Late Adolescence? An Investigation of RF Interrelations and RF Mean Levels*. Presented at the Cambridge Psychiatry Symposium: Showcasing Graduate Research, Trinity College, University of Cambridge, Cambridge, UK.
- 2018 **Fritz, J.** (9<sup>th</sup> March). *A Network Model of Resilience Factors for Adolescents with and without Exposure to Childhood Adversity*. Presented at the Neuroscience in Psychiatry Network (NSPN) Scientific Meeting, Douglas House, Department of Psychiatry, University of Cambridge, Cambridge, UK.
- 2017\* **Fritz, J.** (14<sup>th</sup> December). *Using Network Models to Reveal Behavioural Resilience Structures*. Presented at the Cambridge Resilience Symposium, Douglas House, Department of Psychiatry, University of Cambridge, Cambridge, UK.
- 2017 **Fritz, J.** (28<sup>th</sup> September). *Unravelling the Complexity of Resilience: A Network Model of Putative Resilience Factors for Adolescents with and without Childhood Adversity*. Presented at the 3<sup>rd</sup> International Symposium on Resilience Research, Mainz, Germany.
- 2017 **Fritz, J.** (2<sup>nd</sup> August). *Mental Health Resilience to Exam Distress*. Presented at the Medical Education Research Group Meeting, Primary Care Unit, University of Cambridge, Cambridge, UK.
- 2017 **Fritz, J.** (9<sup>th</sup> March). *Unravelling the Complex Concept of Resilience*. Presented at the Neuroscience in Psychiatry Network (NSPN) Scientific Meeting, Chicheley Hall, Milton Keynes, UK.

## POSTERS

- 2019 **Fritz, J.**, Stochl, J., Fried, E. I., Goodyer, I. M., van Borkulo, C. D., Wilkinson, P. O., & van Harmelen, A.-L. *Resilience Factor Changes between Early and Late Adolescence*. Poster presented at the International Convention for Psychological Sciences, Paris, France.
- 2017 **Fritz, J.**, Fried, E. I., Goodyer, I. M., Wilkinson, P. O., & van Harmelen, A.-L. *Unravelling the Complexity of Resilience: A Network Model of Putative Resilience Factors for Adolescents with and without Childhood Adversity*. Poster presented at the 6<sup>th</sup> Cambridge Neuroscience Biennial Symposium: Neural Networks in Health and Disease, University of Cambridge, Cambridge, UK.
- 2016 **Fritz, J.**, Stretton, J., Walsh, N., Schweitzer, S., Dalgleish, T., Elzinga, B. E., Goodyer, I. M., & van Harmelen, A.-L. *The Neural Basis of Social Support following Exposure to Childhood Adversities*. Poster presented at the Science Symposium of the Faculty of Social and Behavioural Sciences, Leiden University, The Netherlands.
- 2014 Resing, W. C. M., Stad, F. E., & **Fritz, J.** *Dynamic Testing, Static Testing and Cognitive Flexibility in Relation to School Achievement of 7- to 9 Year Old Children*. Poster presented at the Science Symposium of the Faculty of Social and Behavioural Sciences, Leiden University, The Netherlands.

## TEACHING

### Supervision

- 2018 - 2019 Supervision of Pascal Schlechter's Mphil Dissertation in Medical Sciences, University of Cambridge, Department of Psychiatry, grading = passed with minor corrections, output = one manuscript in submission and one in preparation

### Lecturing

- 2019 **Fritz, J.** (26<sup>th</sup> November). *Psychological Network Models: Everything Is Connected ... or Not?* Presented at the Cambridge Methods Day, MRC CBU, Cambridge, UK. Slides available at: <https://osf.io/dxwft/>
- 2019 **Fritz, J.**, & Lunansky, G. (24<sup>th</sup> September). *Resilience Pre-Conference Workshop: An Introduction to Network Modelling*. Presented at the Pre-symposium Workshop for Methods in Resilience Research of the 5<sup>th</sup> International Symposium on Resilience Research, Mainz, Germany. Slides available at: <https://osf.io/dqmpu/>

### Contribution to Courses / Online Learning Platforms

- 2020 Member of the editorial team for [www.psych-networks.com](http://www.psych-networks.com) led by Dr. Eiko Fried. The website hosts tutorials and guest blogs on psychological network models and network theory, mainly with a focus on topics related to clinical psychology.
- 2018 Member of the organizing committee for the 1<sup>st</sup> International Spring School on Resilience Research (May 21 – 25, 2018, Seon Abbey, Germany). See: <https://www.german-resilience-center.uni-mainz.de/1st-international-spring-school-on-resilience-research/>
- 2017 Co-author of/contributor to Dr. Anne-Laura van Harmelen's resilience module for a mental health MOOC (Massive Open Online Course) for adolescents, led by the University of Groningen, counting more than 18,000 subscribers. Available at: <https://www.futurelearn.com/courses/young-people-mental-health#section-topics>

## MEDIA

- 2019 Interview with the Cambridge Children's Hospital. Available at: <https://www.cambridgechildrens.org.uk/research-focus-how-do-people-overcome-childhood-trauma-and-adversity/>

## PROFESSIONAL AFFILIATIONS

2017-present INTRESA: International Resilience Alliance

## TRAININGS

### Statistical and Research Methods

- 2019 Longitudinal Structural Equation Modelling Course, Summer Stats Camp, Albuquerque, USA
- 2019 An Introduction to Machine Learning, University of Cambridge, UK
- 2018 Multiple Imputation Course, Fall Stats Camp, London, UK
- 2018 Bayesian Statistics Summer School, Utrecht University, the Netherlands
- 2018 Resilience Research Spring School, Deutsches Resilienz Zentrum (German Resilience Center), Seeon Abbey, Germany
- 2017 Network Analysis Winter School, University of Amsterdam, the Netherlands
- 2015 Matlab Introduction for Beginners, University of Cambridge, UK
- 2015 Introduction to Statistics with R, University of Cambridge, UK
- 2015 R Programming, John Hopkins University, Coursera Online Course

### Scientific Management and Leadership

- 2018 Leadership Workshop, University of Cambridge, UK
- 2017 Managing Research Effectively and Reproducibly, University of Cambridge, UK
- 2016 How to Conduct Clinical Research Studies, University of Cambridge, UK
- 2015 Good Clinical Practice, University of Cambridge, UK

### Clinical and (Neuro-)Cognitive Assessment

- 2016 MRI Safety, University of Cambridge, MRC Cognition and Brain Sciences Unit, UK
- 2015 MRI Safety, University of Cambridge, Wolfson Brain Imaging Centre, UK
- 2015 Structured Clinical Interview for the DSM (SCID), University of Cambridge, UK
- 2015 Wechsler Abbreviated Scale of Intelligence (WASI), University of Cambridge, UK
- 2013 Cambridge Neuropsychological Test Automated Battery (CANTAB), Center for Human Drug Research, Leiden, the Netherlands

## SKILLS

### Analysis Techniques Expertise

- techniques that capture items/variables into broader psychological/psychiatric constructs (e.g. exploratory/confirmatory factor models (CFAs), longitudinal and invariant CFAs, higher order factor models)
- techniques that cluster individuals based on their scores on items/variables into sub-groups (e.g. factor mixture models, latent class analysis)
- techniques that explore complex relationships between a large set of items/variables (e.g. network analysis)
- techniques that unravel longitudinal pathways between variables (e.g. structural equation models such as path analysis models)
- techniques that explore variables that mitigate or ameliorate such pathways (e.g. path models with moderation and mediation effects)

- techniques that enable the investigation of how variables influence each other mutualistically over time (e.g. latent change models)
- techniques that help to find out which variables predict outcomes best (e.g. relative importance methods, regression-based prediction such as ordinal odds models)
- techniques that help to account for missing data (e.g. multiple imputation methods)

#### **Analysis Software Expertise**

- R / RStudio (advanced)
- MPlus (intermediate)
- Matlab, SPSS, EQS (basic)

#### **Computerized Assessment Expertise**

- RedCap (advanced)
- E-Prime (intermediate)
- Qualtrics (basic)

#### **Language Expertise**

- German: native
- English: fluent, TOEFL grade = 115/120
- Dutch: fluent, NT2 grade = 92%

### **COMMITTEE POSITIONS**

2018 - 2019      MRC Doctoral Training Student Committee

2017 - 2018      Treasurer for the Cambridge University Refugee Aid and Action Society

### **INTERNSHIP AND ASSISTANT POSITIONS**

#### **Research Achievements**

2013 - 2015      Research Assistant, Center for Human Drug Research (CHDR), Leiden, The Netherlands

- EEG and cognitive assessments, conduction of pain experiments, and data management

#### **Clinical Achievements**

2014              Summer Internship, Neuropediatric Department of the 'Klinikum Kassel' Hospital, Kassel, Germany

- cognitive, socio-emotional and behavioural diagnostic testing

2013              Summer Internship, Psychiatry Department of the 'Reinhard-Nieter' Hospital, Wilhelmshaven, Germany

- clinical assessments, shadowing of clinical interviews (e.g. SCID), shadowing of group and individual therapy sessions