



Curriculum Vitae: Dr Jessica Fritz

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CONTACT

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ACADEMIC POSITIONS

2021 - present Junior Research Fellow, Wolfson College Cambridge
2020 - present Research Associate, Department of Psychiatry, University of Cambridge

QUALIFICATIONS

2016 - 2020 PhD in Psychiatry, University of Cambridge, Newnham College

- thesis title: Shedding Light on the Complex Picture of Psychosocial Factors that Promote Mental Health in Young People
- topic: the study of mental health and resilience 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 Internship, Department of Psychiatry, University of Cambridge, grade = 9.5 (cum laude)
- 2015 – 2016: Research Master Thesis, Department of Psychiatry, University of Cambridge, grade = 9 (cum laude)
- thesis title: "The Neural Basis of Social Support Following Exposure to Childhood Adversities"

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)
- thesis title: "Dynamic Testing, Static Testing and Cognitive Flexibility in Relation to School Achievement of 7- to 9 Year Old Children"

PUBLICATIONS

Published

2021 Stochl, J., Sonesson, S., Stuart, F., **Fritz, J.**, Walsh, A. E. L., Croudace, T., ... Perez, J. Determinants of Patient-Reported Outcome Trajectories and Symptomatic Recovery in Improving Access to Psychological Treatment (IAPT) Services. *Psychological Medicine*. <https://doi.org/10.17863/CAM.62687>

- analysis code: <https://osf.io/8dx3b/>
- synthetic data: <https://osf.io/uncqy/>

2020 **Fritz, J.** Shedding Light on the Complex Picture of Psychosocial Factors that Promote Mental Health in Young People (Doctoral thesis). <https://doi.org/10.17863/CAM.63930>

2020 Stochl, J., Fried, E., **Fritz, J.**, Croudace, T., Knight, C., Jones, P., Perez, J. On Dimensionality, Measurement Invariance and Suitability of Sum Scores for the PHQ-9 and the GAD-7. *Assessment*, 1073191120976863. <https://doi.org/10.1177/1073191120976863>

- analysis code: <https://osf.io/sjkex/>

- synthetic data: <https://osf.io/ajgx5/>
- 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. *Translational Psychiatry*, 10: 272. <https://doi.org/10.1038/s41398-020-00944-w>
- analysis code: <https://osf.io/75aex/>
 - data: <https://www.repository.cam.ac.uk/handle/1810/300132>
- 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: <https://osf.io/bnzd3/>
 - data: <https://www.repository.cam.ac.uk/handle/1810/290264>
- 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>
- 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. <https://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: <https://osf.io/63rkq/>
 - data: <https://www.repository.cam.ac.uk/handle/1810/273743>
- 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>

Submitted/ in revision

- 2021 **Fritz, J.,** Stochl, J., Kievit, R. A., van Harmelen, A.-L., & Wilkinson, P. O. Tracking Stress, Mental Health and Resilience Factors in Medical Students, Before, During and After a Stress-Inducing Exam Period: Protocol and Proof of Principle Analyses for the RESIST Cohort-Study. *Manuscript in revision*. Pre-print available from: <https://osf.io/mt346/>
- analysis code: <https://osf.io/4cw5h/>
 - data: <https://doi.org/10.17863/CAM.52276>
- 2020 **Fritz, J.,** Stochl, J., Goodyer, I. M., van Harmelen, A.-L., & Wilkinson, P. O. An Empirical Examination of How Resilience Factors Mitigate the Effect of Childhood Adversity on Adolescent Mental Health. *Manuscript in preparation*. Pre-print available from: <https://osf.io/6z5h9/>
- analysis code: <https://osf.io/ndfa9/>
 - data: <https://www.repository.cam.ac.uk/handle/1810/300132>
- 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 preparation*. Pre-print available from: <https://osf.io/zf8r9/>;
*shared first author

Preregistrations

- 2020 **Fritz, J.,** Kievit, R. A., Stochl, J., van Harmelen, A.-L., & Wilkinson, P. O. *Exploring the Case of Mental Health Mutualism: Do Resilience Factor Levels and Mental Health Problems Change Mutualistically, from Before to During and After Exam Stress Exposure?* OSF preregistration available from <https://osf.io/tf8eq/>
- 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. CRD42016
 051978. 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

- 2021 Wolfson College, Annual Research Expenses Allowance (£800)
- 2019 Travel grant for an invited Workshop on Network Modelling for Resilience Related Research at the 5th International Symposium on Resilience Research (max €500)
- 2017 Travel grant for my Young Researcher Talk at the 3rd 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 Honours Research Bachelor Project Allowances Fund, awarded to fund additional research costs such as participant reimbursement (€450)

TEACHING

Lecturing

- 2020 I lecture in the Risk and Resilience Module of PBS-6 (Psychological and Behavioural Sciences), for the Department of Psychology, Cambridge University
- Topic 1: What is childhood adversity, and what are its consequences?
 - Topic 2: 'What does not kill us makes us stronger', or not? A lecture on mental health resilience in the face of adversity.
- 2019 **Fritz, J.** (26th 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.** (24th September). *Resilience Pre-Conference Workshop: An Introduction to Network Modelling.* Presented at the Pre-symposium Workshop for Methods in Resilience Research of the 5th International Symposium on Resilience Research, Mainz, Germany. Slides available at: <https://osf.io/dqmpu/>

Supervision

- 2020 I supervise PBS-6 (Psychological and Behavioural Sciences) students, for the Department of Psychology, Cambridge University, (for example) on the topics:
- What conceptual and methodological challenges are faced by researchers investigating the effects of childhood adversity on mental health?
 - Why do not all people succumb in the face of adversity? A discussion of theories that help us to model and eventually to better understand the relationship between adversity and mental health.
- 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

Contribution to Courses / Online Learning Platforms

- 2018 Member of the organizing committee for the 1st International Spring School on Resilience Research (May 21 – 25, 2018, Seeon 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>

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 13th of December 2016 at the University of Cambridge, Cambridge, United Kingdom.

PRESENTATIONS (*invited)

- 2020* **Fritz, J.** (20th February). *In Search for Resilience Factors*. Presented at the ChARM Seminar, Cambridge, UK. Slides available at: <https://osf.io/qug3j/>
- 2019* **Fritz, J.** (17th 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.** (18th 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 9th World Congress of Behavioural and Cognitive Therapies, Berlin, Germany.
- 2019* **Fritz, J.** (7th 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.** (21st 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.** (9th 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.** (14th 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.** (28th September). *Unravelling the Complexity of Resilience: A Network Model of Putative Resilience Factors for Adolescents With and Without Childhood Adversity*. Presented at the 3rd International Symposium on Resilience Research, Mainz, Germany.
- 2017 **Fritz, J.** (2nd 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.** (9th 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 6th Cambridge Neuroscience Biennial Symposium: Neural Networks in Health and Disease, University of Cambridge, Cambridge, UK.

- 2016 **Fritz, J.**, Stretton, J., Walsh, N., Schweitzer, S., Dagleish, 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.

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 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, path 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 change in each other over time (e.g. latent change models)
- techniques that help to find out which variables explain outcomes best (e.g. regression-based methods such as relative importance models)
- techniques that help to find out which variables predict outcomes best (e.g. regression-based methods such as linear regression or ordinal odds models, operated within a machine learning based cross-validation procedure)
- techniques that help to compare models (e.g. permutation tests)
- 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

2013 – 2015	Research Assistant, Center for Human Drug Research (CHDR), Leiden, The Netherlands <ul style="list-style-type: none"> • EEG and cognitive assessments, conduction of pain experiments, and data management
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Clinical

2014	Summer Internship, Neuropediatric Department of the 'Klinikum Kassel' Hospital, Kassel, Germany <ul style="list-style-type: none"> • cognitive, socio-emotional and behavioural diagnostic testing
2013	Summer Internship, Psychiatry Department of the 'Reinhard-Nieter' Hospital, Wilhelmshaven, Germany <ul style="list-style-type: none"> • clinical assessments, shadowing of clinical interviews (e.g. SCID), shadowing of group and individual therapy sessions

REFEREES

- Professor Tamsin Ford: tjf52@cam.ac.uk
- Dr. Paul Wilkinson: pow12@cam.ac.uk
- Professor Anne-Laura van Harmelen: a.van.harmelen@fsw.leidenuniv.nl
- Professor Ian Goodyer: ig104@cam.ac.uk
- Dr. Eiko Fried: eiko.fried@gmail.com
- Dr. Jan Stochl: js883@cam.ac.uk