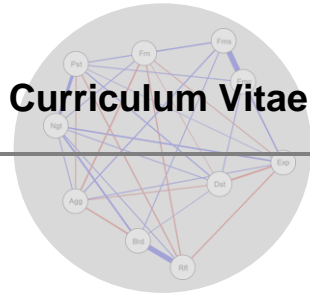


Curriculum Vitae



Dr. Jessica Fritz

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INFO & CONTACT

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ACADEMIC POSITIONS

2021 – present Junior Research Fellow, Wolfson College Cambridge ([link](#))
2020 – present Research Associate, Department of Psychiatry, University of Cambridge

- Topic: Exploring the Day-to-Day Dynamics of Psychosocial Risk and Protective Factors that Affect Mental Health during the Covid-19 Pandemic ([STEP](#) project)

QUALIFICATIONS

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

- Shedding Light on the Complex Picture of Psychosocial Factors that Promote Mental Health in Young People. [link](#)

2014 – 2016 Research Master (MSc) in Clinical and Health Psychology, Leiden University, mean grade = 8.75 (cum laude)

- 2015 – 2016: Research Master Thesis (grade = 9) and Research Master Internship (grade = 9.5), Department of Psychiatry, University of Cambridge (cum laude)

2011 – 2014 Bachelor of Science (BSc) in Psychology, Leiden University, mean grade = 8.17

- 2013 – 2014: Honours Research Bachelor Project (grade = 9), Department of Developmental and Educational Psychology, Leiden University (cum laude)

PUBLICATIONS (see also [Google Scholar](#))

2021 Stochl, J., Sonesson, S., Stuart, F., **Fritz, J.**, et al. Determinants of Patient-Reported Outcome Trajectories and Symptomatic Recovery in Improving Access to Psychological Treatment (IAPT) Services. *Psychological Medicine*. [article](#) [data](#) [code](#)

2021 **Fritz, J.**, et al. 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. *JMIR Formative Research*, in press. [article](#) [data](#) [code](#)

2020 Stochl, J., Fried, E.I., **Fritz, J.**, et al. On Dimensionality, Measurement Invariance and Suitability of Sum Scores for the PHQ-9 and the GAD-7. *Assessment*. [article](#) [data](#) [code](#)

2020 **Fritz, J.**, et al. Embracing the Positive: An Examination of How Well Resilience Factors at Age 14 Can Predict Distress at Age 17. *Translational Psychiatry*. [article](#) [data](#) [code](#)

2019 **Fritz, J.**, et al. Unravelling the Complex Nature of Resilience Factors and their Changes between Early and Later Adolescence. *BMC Medicine*. [article](#) [data](#) [code](#)

2019 Kalisch, R., Cramer, A.O.J., Binder, H., **Fritz, J.**, et al. Deconstructing and Reconstructing Resilience: A Dynamic Network Approach. *Perspectives on Psychological Sciences*. [article](#)

2019 **Fritz, J.**, et al. Mood and Neural Responses to Social Rejection Do Not Seem to Be Altered in Resilient Adolescents with a History of Adversity. *Development and Psychopathology*. [article](#)

- 2018 **Fritz, J.**, et al. A Network Model of Resilience Factors for Adolescents With and Without Exposure to Childhood Adversity. *Scientific Reports*. [article data code](#)
- 2018 **Fritz, J.**, et al. 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*. [article](#)

PREPRINTS & IN PREPARATION

- 2021 Schlechter, P., **Fritz, J.**, et al. The Youth and Childhood Adversity Scale: A Step towards Developing a New Measure of Adversity and its Severity. [preprint code](#)
- 2021 Wiedemann, A., Stochl, J., **Fritz, J.**, et al. A Longitudinal Study of Mental Health Related Risk and Resilience in Young People during the Covid-19 Pandemic. *In Preparation*.
- 2021 Jefferies, P., Höltge, J., **Fritz, J.**, et al. A Cross-Country Network Analysis of Resilience Systems in Young Adults. *In Preparation*.
- 2020 **Fritz, J.**, et al. On the Dynamics and Mutual Relations of Mental Distress, Brooding and Self-Esteem from Before to After Naturally Occurring Exam Stress. *In Preparation*. [chapter 7 code data](#)
- 2020 **Fritz, J.**, et al. An Empirical Examination of How Resilience Factors Mitigate the Effect of Childhood Adversity on Adolescent Mental Health. [preprint code data](#)

GRANTS & AWARDS

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 (~ £23,500), awarded to fully finance my PhD tuition costs
- 2016 MRC Doctoral Training Support/ Additional Allowances Fund (£15,900), awarded to fund additional research costs such as participant reimbursement

Minor

- 2021 NIHR SPARC Award, for a 'Clinical Record Data Science' collaboration project with Professor Robert Stewart, King's College London (£2,199)
- 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 an internship with Dr. 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 research costs such as participant reimbursement (450€)

TEACHING

Lecturing

- 2020 – 2021 I lecture for the Risk and Resilience Module of PBS-6 (Psychological and Behavioural Sciences), for the Department of Psychology, University of Cambridge
- 2019 I held a lecture titled "*Psychological Network Models: Everything Is Connected ... or Not?*" at the Cambridge Methods Day (26th Nov.), MRC CBU, Cambridge, UK. [link](#)
- 2019 I held a lecture, with Gabriela Lunansky, titled "*An Introduction to Network Modelling*" at the Presymposium Workshop for Methods in Resilience Research (24th Sep.), 5th International Symposium on Resilience Research, Mainz, Germany. [link](#)

Seminars

- 2020 – 2021 I have given seminars/ group-tutorials to PBS-6 students for the Risk and Resilience Module, for the Department of Psychology, Cambridge University

Supervision

2018 – present I supervise/ have supervised several Master theses/ projects (such as Pascal Schlechter's Mphil dissertation in Medical Sciences, University of Cambridge, [link](#))

Summer Schools & Online Learning Platforms

2018 I was a member of the organizing committee for the 1st International Spring School on Resilience Research (May 21 – 25, 2018, Seon Abbey, Germany).

2017 I am a co-author of/ contributor to Professor 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 30,000 subscribers. [link](#)

PRESENTATIONS & SYMPOSIA (*invited)

- 2021* Welche psychosozialen Faktoren fördern die psychische Gesundheit? Eine Exkursion zum Thema Resilienzfaktoren. Mainzer Resilienz Gespräche, Public Lectureseries (28th April), online event. [link](#)
- 2021* Reconsidering Resilience: On the Perks and Pitfalls of Promoting Mental Health Resilience. Resilient Minds Journal Club (25th March), online event.
- 2020* In Search for Resilience Factors. ChARM Seminar (20th Feb.), Cambridge, UK. [link](#)
- 2019* A Network Approach to Mental Health Resilience: Theory, Practice and Applications. Oxford OCEAN Lab Seminar (17th Dec.), Oxford, UK. [link](#)
- 2019 Unravelling the Complex Nature of Resilience Factors Following Childhood Adversity. 9th World Congress of Behavioural and Cognitive Therapies (18th July), Berlin, Germany.
- 2019* Unravelling the Complex Nature of Resilience Factors Following Childhood Adversity. Johannes Gutenberg University Medical Center (07th February), Mainz, Germany.
- 2018 Do Resilience Factors (RF) Fluctuate from Early to Late Adolescence? An Investigation of RF Interrelations and RF Mean Levels. Cambridge Psychiatry Symposium: Showcasing Graduate Research (21st November), Cambridge, UK.
- 2018 A Network Model of Resilience Factors for Adolescents With and Without Exposure to Childhood Adversity. Neuroscience in Psychiatry Network (NSPN) Scientific Meeting (09th March), Cambridge, UK.
- 2017* Using Network Models to Reveal Behavioural Resilience Structures. Cambridge Resilience Symposium (14th December), Cambridge, UK.
- 2017 Unravelling the Complexity of Resilience: A Network Model of Putative Resilience Factors for Adolescents With and Without Childhood Adversity. Cambridge Psychiatry Symposium: Showcasing Graduate Research (26th October), Cambridge, UK.
- 2017 A Network Model of Putative Resilience Factors for Adolescents With and Without Childhood Adversity. 3rd International Symposium on Resilience Research (28th September), Mainz, Germany.
- 2017 Mental Health Resilience to Exam Distress. Medical Education Research Group Meeting (02nd August), Cambridge, UK.
- 2017 Unravelling the Complex Concept of Resilience. Neuroscience in Psychiatry Network (NSPN) Scientific Meeting (09th March), Milton Keynes, UK.
- 2016 Co-host (together with Professor Raffael Kalisch and Professor Anne-Laura van Harmelen) for the Examining Resilience in Longitudinal Cohort Studies Using Multi-Modal Data Analysis Symposium (13th December), Cambridge, UK.

INTERVIEWS & PODCASTS

- 2021 Varsity Podcast on Student Mental Health. "Matter on Your Mind". S.7 Ep.2 [link](#)
- 2019 Interview with the Cambridge Children's Hospital. [link](#)

TRAININGS

Statistics & Psychological Methods

- 2021 Human Change Processes, 13th Summer School, held online (originally: Seon Abbey, Germany)
- 2021 ESM Data Analysis Course (Mixed-Effects Models), held online (originally: Maastricht University, the Netherlands)
- 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
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 & 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 & (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
2013	Cambridge Neuropsychological Test Automated Battery (CANTAB), Center for Human Drug Research, Leiden, the Netherlands

SKILLS

Psychometric and Statistical Expertise

- data reduction methods (e.g. exploratory/ confirmatory factor models), classification methods (e.g. factor mixture models, latent class analysis), methods to analyse longitudinal patterns in data (e.g. structural equation models, path models with and without moderation and mediation effects, latent change models), methods to analyse complex systems/ the interactions of a multitude of variables (e.g. network analysis), prediction methods (e.g. machine learning models), methods to analyse time-series (e.g. mixed-effects models, dynamic network models such as multi-level vector-autoregression models), methods to treat and/ or compensate for missing data (e.g. multiple imputation models), methods to compare models (e.g. permutation tests, models with invariance constraints).

Software Expertise

- Data analysis: R/ Rstudio (advanced); Mplus (intermediate); Matlab, SPSS, EQS (basic)
- Web-based data assessment: REDCap (advanced); E-Prime (intermediate); Qualtrics (basic)

Language Expertise

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

AFFILIATIONS & COMMITTEE POSITIONS

2017 – present	INTRESA: International Resilience Alliance
2018 – 2019	MRC Doctoral Training Student Committee
2017 – 2018	Treasurer for the Cambridge University Refugee Aid and Action Society

INTERNSHIP AND ASSISTANT POSITIONS

Research Assistant Position

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

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