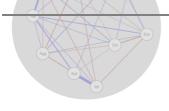# Curriculum Vitae

<div align="right">

Dr. Jessica Fritz

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Philipps-Universität Marburg
Fachbereich Klinische Psychologie &
Psychotherapie Ambulanz Marburg
Gutenbergstraße 18
35032 Marburg

SCIENTIFIC PURSUIT

During my PhD, my research focused on identifying, modelling, and understanding the complex relationship between psychosocial risk and protective factors that affect mental health during particularly difficult periods, as well as across the lifespan. This work was rooted in a resilience framework and had a strong theoretical and psychometric emphasis, centering around the questions: "what is adversity and how can we best assess it", "what is transdiagnostic mental health and how can we best measure it" and "what are the most relevant psychosocial factors that affect mental health". During my first postdoc, I again addressed the question of how we can better understand the complex interplay of psychosocial, mental health related factors, this time however within a dynamic and more ecologically valid set-up. During that time, I was also involved in more applied clinical research, such as in evaluating symptom-focused monitoring tools for the psychotherapeutic setting. Since the start of my second postdoc ("habilitation trajectory"), I am combining my scientific research with the clinical practice by working as a psychotherapist trainee in an outpatient clinic. By bringing together theoretical, psychometric, and clinically-focused research, I currently aim to examine a) which components – in addition to psychopathological symptoms – are particularly relevant for a comprehensive 'mental health' assessment, b) how we can best add personalized components to monitoring and outcome tools, to enable the most comprehensive and personally-relevant assessment possible, and c) how these components can be captured with monitoring and outcome tools (in the therapeutic setting).

INFO & CONTACT

Nationality	German, European
Birthdate	12 June 1992
Child	Benjamin Arjen Emil, born 22 October 2022
Email	jf585@cantab.ac.uk; jessica.fritz@uni-marburg.de
Web	https://www.jessica-fritz.com; @DrJessicaFritz

ACADEMIC 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 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)

ACADEMIC POSITIONS

01.11.23–present	Research Fellow ("Habilitation"), Clinical Psychology, University of Osnabrück

- What is this thing called mental health, and how can we best measure it in a person-centred way?

01.01.22–31.10.23	Research Fellow ("Habilitation"), Clinical Psychology, Philipps-Universität Marburg (maternity leave: 20 September 2022 till present)

- What is this thing called mental health, and how can we best measure it in a person-centred way?

08.11.21–07.11.22	Affiliate Researcher, Department of Psychiatry, University of Cambridge
01.01.21–31.12.21	Junior Research Fellow, Wolfson College Cambridge
01.09.20–31.10.21	Research Associate, Department of Psychiatry, University of Cambridge

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

CLINICAL POSITIONS

01.10.23–present	Psychotherapist Trainee, Poliklinische Psychotherapie-Ambulanz Osnabrück, Universität Osnabrück
01.10.21–31.09.23	Psychotherapist Trainee, Psychotherapie-Ambulanz Marburg, Philipps-Universität Marburg

PUBLICATIONS (see also Google Scholar)

2024	**Fritz*, J.**, Piccirillo*, M., et al. So you want to do ESM? Ten Essential Topics for Implementing the Experience Sampling Method (ESM). *Advances in Methods and Practices in Psychological Science.* article
2023	Deisenhofer, A.-K., … **Fritz, J.**, … Cohen, Z. D. Implementing precision methods in personalizing psychological therapies: Barriers and possible ways forward. *Behaviour Research and Therapy.* article
2023	Schäfer, S. K., **Fritz, J.**, et al. Interrelations of resilience factors and their incremental impact for mental health: Insights from network modeling using a prospective study across seven timepoints. *Translational Psychiatry.* article
2023	Jefferies, P., **Fritz, J.**, et al. Analysis of Protective Factors in Schoolchildren in England Using the Dual-factor Model of Mental Health. *Research on Child and Adolescent Psychopathology.* article
2022	Wiedemann, A., Stochl, J., Neufeld, S.A.S., **Fritz, J.**, et al. The impact of the initial COVID-19 outbreak on young adults' mental health: a longitudinal study of risk and resilience factors. *Scientific Reports.* article
2022	Pollmann, A., **Fritz, J.**, et al. Networks of Adversity in Childhood and Adolescence and Their Relationship to Adult Mental Health. *Research on Child and Adolescent Psychopathology.* article code
2022	Jefferies, P., Höltge, J., **Fritz, J.**, et al. A cross-country network analysis of resilience systems in young adults. *Emerging Adulthood.* article code
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. article data code

2021	Schueler, K., **Fritz, J.**, et al. Psychological Network Analysis of General Self-Efficacy in High vs Low Resilient Functioning Healthy Adults. *Frontiers in Psychiatry: Public Mental Health*. article code
2021	Stochl, J., Soneson, 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.* 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

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SUBMITTED, PREPRINTS & IN PREPARATION

Submitted	Schlechter, P., …, & **Fritz, J.** The Comprehensive Adversity Measure (CAM): A Measure of Early Adversity and its Severity. preprint
Submitted	**Fritz*, J.**, Stochl*, J., et al. Lessons Learned from the COVID-19 Pandemic: An Intensive Longitudinal Study Exploring the Dynamic Ecosystem of Psychosocial Factors and Mental Distress Among College Students. preprint
Submitted	Piccirillo*, M., **Fritz*, J.** et al. So you want to advance ESM research? A momentary assessment on the future of the experience sampling method (ESM). preprint
Submitted	Hehlmann, M. I., Siepe, B. S., Mink, F., Loray, J. S. P., **Fritz, J.** et al. Exploring the predictive value of different affect dynamics for psychological treatment outcome. link to preregistration
Preprint	**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*. chapter 7 code data
Preprint	**Fritz, J.,** et al. An Empirical Examination of How Resilience Factors Mitigate the Effect of Childhood Adversity on Adolescent Mental Health. preprint code data

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AWARDS

2021	Cambridge University Milo Keynes Prize for Outstanding Dissertations 2020/2021

GRANTS & FUNDING

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

Supervision

2018 – present	I supervise/ have supervised four Bachelor and six Master theses (such as Pascal Schlechter's Mphil dissertation in Medical Sciences, University of Cambridge, link), and have co-supervised two PhD-projects

Seminars

2024	I am teaching the course "Research Internship: Psychotherapy Research" to psychology master students, for the Department of Clinical Psychology, Universität Osnabrück
2022	I have taught the course "Clinical Psychodiagnostics" to psychology bachelor students, for the Department of Clinical Psychology, Philipps-Universität Marburg
2020 – 2021	I have given seminars/ group-tutorials to Psychological and Behavioural Sciences (PBS-6) bachelor students for the Risk and Resilience Module, for the Department of Psychology, Cambridge University

Lecturing

2020 – 2021	I have lectured for the Risk and Resilience Module of PBS-6, for the Department of Psychology, University of Cambridge
2019	I held a guest 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 guest 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

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, Seeon 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

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SYMPOSIA

2022   Co-host (together with Professors Inez Myin-Germeys, Erno Hermans, & Raffael Kalisch, as well as Dr. Rayyan Tutunji & Anu Hiekkaranta) for the symposium workshop: Measuring stress in real life (27th September), 8th International Symposium on Resilience Research, Johannes Gutenberg-University Mainz, Mainz, Germany.

2021   Co-host (together with Professor Laura Bringmann, Dr. Marilyn Piccirillo, & Dr. Lesley Norris) for the panel discussion „So you want to do EMA? Developing a solid protocol for collecting experience sampling data" (16th November & 11th January 2022), online event. link: recording & slides

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.

PRESENTATIONS (*invited)

2024*   Idiographic Patient-Reported Outcome Measures (I-PROMs): Going beyond symptom change, Person-Centered Treatment and Prevention Collaborative Speaker Series (08th Aug.), online event.

2024*   Meaningful mental health measurement: Exploring patient centered measures that go beyond symptoms, Kolar Lab Seminar (10th July), online event.

2024   Idiographic Patient Reported Outcome Measures (I PROMs): Going beyond symptom change, SPR Conference (28th June), Ottawa, Canada (online presentation).

2024   Idiographische Patient Reported Outcome Measures (I PROMs): Ein innovativer Ansatz für die datengestützte und personenzentrierte Psychotherapie? DPK Kongress (12th June), Berlin, Germany.

2022   Studying risk and protective factors with experience sampling methods. „Measuring stress in real life" workshop (27th Sep.), at the 8th International Symposium on Resilience Research, Mainz, Germany.

2021   Mental Health Ecosystem: Exploring the dynamic landscape of psychosocial factors and mental health during the Covid-19 pandemic. Conference on Transdiagnostic Approaches (24th Sep.), online event.

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.

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	Modeling the Dynamics of Intensive Longitudinal Data Summer School, in person and online, Utrecht University, the Netherlands
2021	Human Change Processes,13th Summer School, held online (originally: Seeon 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

2024 – present	SPR: Society for Psychotherapyresearch
2022 – present	Leadership Committee Person-Centered Treatment and Prevention Collaborative
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

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

Clinical Internships

Summer 2014   Neuropediatric ward, 'Klinikum Kassel' Hospital, Kassel, Germany
- shadowing and conduction of cognitive, socio-emotional and behavioural diagnostic tests

Summer 2013   Psychiatric ward, 'Reinhard-Nieter' Hospital, Wilhelmshaven, Germany
- shadowing of clinical assessments, clinical interviews (e.g. SCID) and group therapy