Curriculum Vitae: Jessica Fritz

Douglas House
18B Trumpington Road
Cambridge CB2 8AH
United Kingdom

I am PhD student at the University of Cambridge (Newnham College), in the Department of Psychiatry. I am funded by the Medical Research Council Doctoral Training/Sackler Fund and the Pinsent Darwin Fund. Currently, my main research topic is the study of mental health resilience and well-being in individuals with and without exposure to adversity. Therefore, one aim of my research is to study how we best can define and measure adversity. Moreover, I believe that it is crucial that the various factors that increase mental health and well-being, such as high self-esteem and low rumination, are examined and understood. Accordingly, the main aim of my PhD research is to investigate the mechanisms through which protective factors operate and prevent mental health problems. Generally, I am also interested in researching anxiety, (complicated) grief, as well as trauma and stress-related disorders; and I am passionate about psychotherapy research, particularly if it has a transdiagnostic and/or strength-based focus. Along those lines, I am always keen to learn new statistical methods that can help us to better model and eventually better understand the complex nature of mental health problems, their prevention and their treatment.

CONTACT	jf585@cam.ac.uk ● www.jessica-fritz.com ● @Jessica_Fritz92

EDUCATION

2016 - present	PhD in Psychiatry, University of Cambridge, Newnham College
2014 - 2016	Research Masters in Clinical and Health Psychology, Leiden University, mean grade = 8.75 (cum laude)
2015 - 2016	Research Masters 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 Masters 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, as well as data analysis
2011 - 2014	Bachelor of Science in Psychology, Leiden University, mean grade = 8.17
2013 - 2014	Honours Research Bachelors 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/ in press: first author

2019	**Fritz, J.,** Stochl, J., Fried, E. I., Goodyer, I. M., van Borkulo, C. D., Wilkinson, P. O., & van Harmelen, A.-L. (2019). Unravelling the Complex Nature of Resilience Factors and their Changes between Early and Later Adolescence. *Manuscript accepted in BMC Medicine*. Pre-print (not author's accepted manuscript!) available from: https://osf.io/rk8d7 Please bear with me for the printed version. • Analysis code is available from: http://jessica-fritz.com/?page_id=31

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. (2019). 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. (2018). 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 from: http://jessica-fritz.com/?page_id=31
2018	**Fritz, J.**, de Graaff, A.-M., Caisley, H., van Harmelen, A.-L., & Wilkinson, P. O. (2018). 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/fpsyt.2018.00230

Published/ in press: 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. (2019). Deconstructing and Reconstructing Resilience: A Dynamic Network Approach. *Perspectives on Psychological Sciences.* https://doi.org/10.1177/1745691619855637

Submitted/ under review

2019	Schlechter, P.,* **Fritz, J.,*** & Wilkinson, P. O. (2019). Exploring Ways of Measuring Childhood Adversity: A Comparison of Presence vs. Absence, Severity and Frequency Indicators. *Manuscript under review.* Pre-print available from: https://osf.io/zf8r9/ • Analysis code is available from: http://jessica-fritz.com/?page_id=31 • *shared first author

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 20th 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. 2016. CRD42016051978. Available from: 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)
2016	3 year MRC Doctoral Training Grant (~ £7.857 annually)
2016	MRC Doctoral Training Support/Additional Allowances Fund (£15,300)

Minor

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€)

PRESENTATIONS

2019	**Fritz, J.**, (2019, 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 Cognititve Therapies, Berlin, Germany.
2019	**Fritz, J.**, (2019, 07th 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.**, (2018, 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.**, Fried, E. I., Goodyer, I. M., Wilkinson, P. O., & van Harmelen, A.-L. (2018, 09th 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.**, Fried, E. I., Goodyer, I. M., Wilkinson, P. O., & van Harmelen, A.-L. (2017, 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.**, Fried, E. I., Goodyer, I. M., Wilkinson, P. O., & van Harmelen, A.-L. (2017, 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.**, van Harmelen, A.-L., & Wilkinson, P. O. (2017, 02nd 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.** (2017, 09th 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. (2019, March). *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. (2017, September). *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., Dalgleish, T., Elzinga, B. E., Goodyer, I. M., & van Harmelen, A.-L. (2016, July). *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.** (2014, July). *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

2019	**Fritz, J.**, & Lunansky, G. (2019, 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/
2018 - 2019	Supervision of Pascal Schlechter's Mphil Dissertation in Medical Sciences, University of Cambridge, Department of Psychiatry

ORGANIZED SYMPOSIA AND OTHER OUTREACH

2018	I was part of the organization committee of 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	I wrote parts of Dr. Anne-Laura van Harmelen's resilience module of a Mental Health MOOC for adolescents (Massive Open Online Course, led by the University of Groningen). Available at: https://www.futurelearn.com/courses/young-people-mental-health#section-topics
2016	**Fritz, J.**, Kalisch, R., & van Harmelen, A.-L. (2016, December). *Examining Resilience in Longitudinal Cohort Studies using Multi-Modal Data Analysis*. Symposium conducted at the University of Cambridge, Cambridge, United Kingdom.

TRAININGS

Statistical

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

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 Assessment

2016	MRI Preprocessing, University of Cambridge, UK
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

EXTRACURRICULAR

Committee Involvement

2018 - 2019	MRC Doctoral Training Student Committee
2017 - 2018	Treasurer for the Cambridge University Refugee Aid and Action Society

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

SKILLS

Computer Expertise

- R / RStudio
- MPlus
- Matlab
- SPSS
- EQS
- E-Prime
- RedCap
- Qualtrics

Language Expertise

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

Cambridge, 05.10.2019

Jessica Fritz