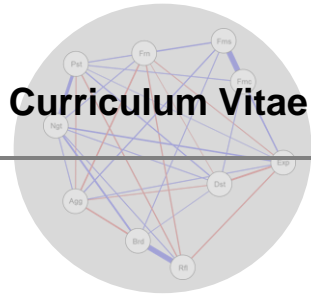


Curriculum Vitae



Dr. Jessica Fritz

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INFO & CONTACT

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ACADEMIC POSITIONS

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

CLINICAL POSITIONS

2021 – present Psychotherapist in Training, “Psychotherapie-Ambulanz Marburg”, Department of Clinical Psychology and Psychotherapy, Philipps-University Marburg

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 (*shared first author; see also [Google Scholar](#))

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., 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*. [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. <i>Translational Psychiatry</i> . article data code
2019	Fritz, J. , et al. Unravelling the Complex Nature of Resilience Factors and their Changes between Early and Later Adolescence. <i>BMC Medicine</i> . article data code
2019	Kalisch, R., Cramer, A.O.J. Binder, H., Fritz, J. , et al. Deconstructing and Reconstructing Resilience: A Dynamic Network Approach. <i>Perspectives on Psychological Sciences</i> . 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. <i>Development and Psychopathology</i> . article
2018	Fritz, J. , et al. A Network Model of Resilience Factors for Adolescents With and Without Exposure to Childhood Adversity. <i>Scientific Reports</i> . 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. <i>Frontiers in Psychiatry</i> . article

PREPRINTS & IN SUBMISSION & IN PREPARATION

2021	Jefferies, P., Hölzge, J., Fritz, J. , et al. A Cross-Country Network Analysis of Resilience Systems in Young Adults. <i>Submitted for publication</i> . preprint
2021	Wiedemann, A., Stochl, J., Neufeld, S.A.S, Fritz, J. , et al. A Longitudinal Study of Mental Health Related Risk and Resilience in Young People during the Covid-19 Pandemic. <i>Submitted for publication</i> .
2021	Fritz, J. , et al. Mental Health Ecosystem: Exploring the Dynamic Landscape of Psychosocial Factors, Wellbeing and Mental Distress During the Covid-19 Pandemic. <i>In preparation</i> .
2021	Pollmann, A., Fritz, J. , et al. A Topology of Adversities in Adolescence: Networks of Adversity in Childhood and Adolescence and their Relationship to Adult Mental Health. <i>In preparation</i> .
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. <i>In Preparation</i> . 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

AWARDS

2021	Cambridge University Milo Keynes Prize for Outstanding Dissertations 2020/2021
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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 (~ £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) - declined
2021	Wolfson College Annual Research Expenses Allowance (£800)
2019	Travel grant for an invited Workshop on Network Modelling for Resilience Related Research at the 5 th International Symposium on Resilience Research (max 500€)
2017	Travel grant for my Young Researcher Talk at the 3 rd 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 have lectured 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 “ <i>Psychological Network Models: Everything Is Connected ... or Not?</i> ” at the Cambridge Methods Day (26 th Nov.), MRC CBU, Cambridge, UK. link
2019	I held a lecture, with Gabriela Lunansky, titled “ <i>An Introduction to Network Modelling</i> ” at the Presymposium Workshop for Methods in Resilience Research (24 th Sep.), 5 th 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
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Supervision

2018 – present	I (co-)supervise/ have (co-)supervised several Master theses/ and PhD projects
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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, 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

PRESENTATIONS & SYMPOSIA (*invited)

2021	Co-host (together with Dr. Marilyn Piccirillo, Dr. Laura Bringmann, & Lesley Norris) for the panel discussion: So you want to do EMA? Developing a solid protocol for collecting experience sampling data (16 th November), online event. link recording
2021	Mental Health Ecosystem: Exploring the dynamic landscape of psychosocial factors and mental health during the Covid-19 pandemic. Conference on Transdiagnostic Approaches (24 th September), online event.
2021*	Welche psychosozialen Faktoren fördern die psychische Gesundheit? Eine Exkursion zum Thema Resilienzfaktoren. Mainzer Resilienz Gespräche, Public Lectureseries (28 th April), online event. link
2021*	Reconsidering Resilience: On the Perks and Pitfalls of Promoting Mental Health Resilience. Resilient Minds Journal Club (25 th March), online event.
2020*	In Search for Resilience Factors. ChARM Seminar (20 th Feb.), Cambridge, UK. link
2019*	A Network Approach to Mental Health Resilience: Theory, Practice and Applications. Oxford OCEAN Lab Seminar (17 th Dec.), Oxford, UK. link
2019	Unravelling the Complex Nature of Resilience Factors Following Childhood Adversity. 9 th World Congress of Behavioural and Cognitive Therapies (18 th July), Berlin, Germany.
2019*	Unravelling the Complex Nature of Resilience Factors Following Childhood Adversity. Johannes Gutenberg University Medical Center (07 th 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 (21 st 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 (09 th March), Cambridge, UK.
2017*	Using Network Models to Reveal Behavioural Resilience Structures. Cambridge Resilience Symposium (14 th 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 (26 th October), Cambridge, UK.

2017	A Network Model of Putative Resilience Factors for Adolescents With and Without Childhood Adversity. 3 rd International Symposium on Resilience Research (28 th September), Mainz, Germany.
2017	Mental Health Resilience to Exam Distress. Medical Education Research Group Meeting (02 nd August), Cambridge, UK.
2017	Unravelling the Complex Concept of Resilience. Neuroscience in Psychiatry Network (NSPN) Scientific Meeting (09 th 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 (13 th 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	Modeling the Dynamics of Intensive Longitudinal Data Summer School, hybrid event, Utrecht University, the Netherlands
2021	Human Change Processes, 13 th 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

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
