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Research statement

Our group studies self-regulation in the context of eating, dieting and physical activity as it occurs in healthy individuals as well as in eating and weight-disordered populations. We study how stress and negative emotion become barriers to engagement in health behaviours and develop interventions to overcome those. Our methodological approach includes laboratory experimentation and ecological momentary assessment/smart sensing to both gain insight into mechanisms and to maximize external validity. Based on findings from these methods we develop mobile, digital interventions to intervene on unhealthy eating and physical activity patterns in everyday life.

Education

- 2008 Clinical training in cognitive-behavioral psychotherapy, University of Freiburg, Germany
- 2007 Ph.D. degree, University of Basel, Switzerland
- 2002 Degree (Diplom) in Psychology, University of Tübingen, Germany

Positions

- *Since 2015* Full Professor, Health Psychology Division, University of Salzburg
- *2011-15* Assistant (2011-13) and Associate Professor (2013-15)
Psychology Department, University of Salzburg
- *2007-11* Post-doctoral researcher, University of Freiburg (2007-09), Stanford University (2009-11) and Salzburg University (2011)
- *2002-07* Ph.D. Student, University of Basel

Research interests

- Context sensitive mobile eating behavior interventions
- Neural underpinnings of craving and craving regulation
- Anorexia and Bulimia Nervosa
- Ecological Momentary Assessment