

Curriculum Vitae
Andrea Wyssen, PhD

Business address:

University of Fribourg
Department of Psychology
Clinical Psychology & Psychotherapy
Rue de Faucigny 2
1700 Fribourg
Switzerland
Tel.: +41 26 300 76 59
E-mail: andrea.wyssen@unifr.ch

Private address:

Höhenstrasse 6
3714 Frutigen
Switzerland

Born:

May 5, 1986 in Frutigen, Switzerland

Nationality:

Swiss

Civil status:

single

ORCID ID:

0000-0003-0836-9817

Date: 13-Feb-18

1. Education

- 06/2016 **Master of Advanced Studies in Psychotherapy** (cognitive-behavioural therapy), University of Basel (CH)
Date of defense: 14th of June 2016
Title: Eidgenössisch anerkannte Psychotherapeutin, Fachpsychologin für Psychotherapie, FSP
- 11/2015 **PhD University of Fribourg (CH)**
Dissertation: State of the Art and New Perspectives in the Diagnosis, Prevention and Treatment of Eating Disorders. A Contribution to an Etiological Model of Eating Disorders – Sociocultural Risk Factors and the Role of Body-Related Cognitive Distortions
Supervisor: Prof. Dr. S. Munsch
Date of defense: 24th of November 2015
- 06/2011 **Master of Science in Psychology**, University of Fribourg (CH)
Supervisor: Prof. Dr. D. Schöbi, Prof. Dr. M. Perrez
- 07/2008 **Bachelor of Science in Psychology**, University of Fribourg (CH)
Supervisor: Prof. Dr. M. Schär, Prof. Dr. G. Bodenmann

2. Employment history including current positions

- 09/2016 – present **Post-doctoral researcher** at the Institute of Clinical Psychology & Psychotherapy at the Department of Psychology, University of Fribourg (Prof. Dr. S. Munsch)
Project: Binge-Eating Disorder Treatment Goes Online – Feasibility, Usability and Evaluation of Treatment Outcome
- 09/2016 – present **Psychotherapist** at the Private Clinic Aadorf (director Dr. med. S. Trier)
- 02/2018 – 07/2018 **Lectureship** at the Department of Psychology, University of Fribourg
- 09/2016 – 12/2016 **Lectureship** at the Department of Psychology, University of Fribourg
- 03/2012 – 08/2016 **Post-graduate psychologist** at the Center for Psychotherapy, University of Fribourg (Prof. Dr. S. Munsch)
- 09/2011 – 08/2016 **Research assistant** at the Institute of Clinical Psychology & Psychotherapy at the Department of Psychology, University of Fribourg (Prof. Dr. S. Munsch)
- 07/2011 – 09/2011 **Internship** in market research at the Insight Institute in Zürich
- 02/2011 – 09/2011 **Student research assistant** at the department of Psychology, University of Fribourg (Prof. Dr. D. Schöbi)
- 10/2010 – 12/2010 **Internship** at the psychiatric clinic of the University of Bern
- 07/2009 – 09/2009 **Internship** at the psychiatric clinic in Münsingen
- 07/2007 – 09/2007 **Internship** at the psychiatric clinic in Münsterlingen
- 02/2006 – 12/2013 Working as a **barkeeper and server** at the Appaloosa Saloon in Spiez

3. Ongoing further education

- 09/2015 – present **Training in higher education didactics** (Diploma of Advanced Studies) at the University of Fribourg
- 01/2018 – present **Good Clinical Practice (GCP)** training (Training and Resources in Research Ethics Evaluation, TRREE)

4. Research interests

Experimental psychopathology

- Development and maintenance of a negative body image and eating disorder pathology in women and men; the role of socio-cultural risk factors, cognitive distortions and emotion regulation
- New technologies and multimodal assessment in experimental psychopathology

Methodology

- Ecological momentary assessment
- Development and evaluation of questionnaires to assess cognitive distortions
- Assessment and correlates of cognitive flexibility

Prevention and clinical interventions

- Treatment evaluation and psychotherapy research
- Internet-based psychotherapy
- Disorder specific psychotherapy for eating disorders
- Effects of psychotherapeutic placebo
- Interventions to alter cognitive processes
- Fostering resources to develop a positive body image

5. Current projects and research activity

Collaboration in the development and realisation of the following projects:

- **Psychological and Physiological Consequences of Exposure to Mass Media in Young Women - the Role of Moderators.** Lead: Prof. Dr. S. Munsch, University of Fribourg & Prof. Dr. S. Schneider, Ruhr-University Bochum. Funding: Swiss Anorexia Nervosa Foundation (SANF), Swiss National Science Foundation (SNSF; Nr. 1000014L_149416/1), German Research Foundation (DFG).
- **Binge-Eating Disorder Treatment Goes Online – Feasibility, Usability and Preliminary Evaluation of Treatment Outcome.** Lead: Prof. Dr. S. Munsch, University of Fribourg. Funding: Swiss Anorexia Nervosa Foundation (SANF, project no. 52-15).

Development, coordination and lead of the following projects:

- **Guided Self Help for Binge-Eating Disorder.** Lead: Dr. phil. A. Wyssen & Prof. Dr. S. Munsch, University of Fribourg.
- **The Influence of Model Casting-Shows on Body Image Satisfaction and Eating Behavior of Young Women (ecological momentary assessment study).** Lead: Dr. phil. A. Wyssen & Prof. Dr. S. Munsch, University of Fribourg, MSc J. Leins & Prof. Dr. S. Löber, University of Bamberg. Funding: Gesundheitsförderung Schweiz and University of Bamberg.
- **Validation of the Thought-Shape Fusion Questionnaires.** Lead: Dr. phil. A. Wyssen & Prof. Dr. S. Munsch, University of Fribourg. Collaboration: Prof. Dr. N. Messerli, University of Fribourg, Prof. Dr. S. Schneider, Ruhr-University Bochum.
- **Treatment Effects Among Patients with Mental Disorders in Clinical Routine.** Lead: Dr. phil. A. Wyssen & Prof. Dr. S. Munsch, University of Fribourg & Dr. med. S. Trier, Private Clinic Aadorf.
- **Be Your BFF: Be Your Best Friend Forever – Internet-Based Prevention Program to Foster a Positive Body Image in Children and Adolescents.** Lead: Dr. phil. A. Wyssen & Prof. Dr. S. Munsch, University of Fribourg. Funding: application will be submitted to the Gesundheitsförderung Schweiz and the Foundation Migros Kulturprozent. Collaboration: Prof. Dr. Dr. A. Maerker & Dr. phil. E. Heim, University of Zürich.

6. National and international research collaborations

- Prof. Dr. S. Munsch**, Clinical Psychology & Psychotherapy, University of Fribourg, Switzerland
- Prof. Dr. J. Coelho**, Eating Disorders Program, Douglas University Institute in Mental Health, Verdun, Quebec Department of Psychiatry, McGill University, Montreal, Quebec, Canada
- Prof. Dr. F. Mast**, Clinical Neuroscience, University of Bern, Switzerland
- Prof. Dr. S. Schneider**, Clinical Child & Adolescent Psychology, Ruhr-University Bochum, Germany
- Prof. Dr. R. Caldara**, Visual & Social Neuroscience, University of Fribourg, Switzerland
- Prof. Dr. N. Messerli**, Clinical Child Psychology, University of Fribourg, Switzerland
- Prof. Dr. D. Lalanne & M.Sc. P. Vanhulst**, Department of Informatics, Human-IST Research Center, University of Fribourg, Switzerland
- Prof. Dr. E. Mugellini & Dr. M. Caon**, University of Applied Sciences & Arts, Fribourg, Switzerland
- Prof. Dr. S. Löber & M.Sc. J. Leins**, Clinical Psychology & Psychotherapy, Otto-Friedrich-University Bamberg, Germany
- M.Sc. L. J. Debbeler**, Psychological Assessment & Health Psychology University of Konstanz, Germany
- Prof. Dr. med. G. Milos**, Psychiatry & Psychotherapy, University Hospital Zürich, Switzerland
- Dr. med. S. Trier**, Private Clinic Aadorf, Switzerland
- Dr. med. B. Isenschmid**, Clinic Zofingen, Switzerland
- M.Sc. C. Testera Borrelli**, Health Promotion Switzerland
- M.Sc. R. Müller & B. Rychen**, Prävention Essstörungen Praxisnah (PEP), Switzerland

7. Teaching activities

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| Autumn 2012/13/14/15 | Seminar on eating disorders and obesity (classification & treatment) |
| Spring 2013/14/15/16/18 | Seminar on sexuality and sexual disorders (classification & treatment) |
| Autumn 2016 | Lecture in classification, development and treatment of mental disorders (psychopathology) |
| Spring 2018 | Seminar in psycho-diagnostics, treatment evaluation and research in clinical practice |
| 2011 – present | Co-supervision of 15 bachelor and 32 master thesis |
| 09/2011-08/2016 | Students advisor for master studies in clinical psychology |

8. Reviewing activities

- European Eating Disorders Review
- International Journal of Clinical Practice
- Psychiatry Research
- Frontiers in Psychology, Eating Behavior (Frontiers in Nutrition and Psychology)

9. Memberships

- Schweizerische Gesellschaft für Psychologie (SPS/SGP/SSP; <http://www.ssp-sgp.ch/>)
- Schweizerische Gesellschaft für Kognitive Verhaltenstherapie (SGVT; <http://www.sgvt-sstcc.ch/de/>)
- Föderation der Schweizer Psychologinnen und Psychologen (FSP; <https://www.psychologie.ch/>)
- Deutsche Gesellschaft für Essstörungen (DGESS; <http://www.dgess.de/>)
- Experten-Netzwerk-Esstörungen Schweiz (ENES; <http://www.netzwerk-essstoerungen.ch/>)
- Society for Ambulatory Assessment (SAA; <http://www.saa2009.org/>)
- Expert network "Healthy Body Image" of the health promotion Switzerland (<https://gesundheitsfoerderung.ch/>)