



Curriculum Vitae Christoph Bamberg

<https://christophbg.github.io>

Education

PHD | EATING BEHAVIOR LAB, PARIS LODRON UNIVERSITY, SALZBURG, AT | 10.2022 - 05.2025

- Supervisors: Prof. Jens Blechert, Dr. Julia Reichenberger
- Completed with distinction
- Conducted a longitudinal, high sampling RCT on the effects of intermittent fasting on cognitive performance, mood and body
- Conducted a meta-analysis and many-analysts EEG project with collaborators from the Brain Dynamics Lab, University of Auckland, NZ
- Visited the Eat-Lab in Maastricht, conducting an online study

M.SC. COGNITIVE SCIENCE | RUHR UNIVERSITY BOCHUM, GER | 10.2017 - 10.2019

- Final grade: 1.2 (first class honours degree)
- Courses included cognitive science, psychology, neuropsychology, psychiatry, research methods (EEG, fMRI), philosophy of mind, philosophy of science

SUMMER SCHOOL ANALYSING NEURAL TIME SERIES DATA | RADBOUD UNIVERSITY, NL | 08.2019

- Instructor: Prof. Mike X. Cohen
- Studied mathematical foundations of time frequency analysis, Fourier transformation, simulating data and Matlab

B.A. PHILOSOPHY & ECONOMICS | UNIVERSITY OF BAYREUTH, GER | 10.2013 - 04.2017

- Final grade: 2.0 (upper second class honours degree)
- Bachelor thesis on explanations of behaviour in the Wason Selection Task. Supervisor: Prof. Olivier Roy
- Courses included logic, statistics, theory of science, decision theory, economics
- Spent one semester in Estonia, studying at the Tallinn University of Technology

Publications

IN PEER-REVIEWED JOURNALS

- **Bamberg, C.,** & Moreau, D. (2025). Acute effects of fasting on cognitive performance: A systematic review and meta-analysis. *Psychological Bulletin*, *accepted*.
- **Bamberg, C.,** Reichenberger, J., & Blechert, J. (2025). Stable cognitive performance while adapting to intermittent fasting: A randomised controlled trial. *Journal of Health Psychology*, 13591053251351204. <https://doi.org/10.1177/13591053251351204>

- ▶ **Bamberg C.**, Weigelt S. and Hagelweide K. (2025) Reversal learning is influenced by cognitive flexibility and develops throughout early adolescence. *npj Science of Learning* 10(1): 27. <https://doi.org/10.1038/s41539-025-00308-3>
- ▶ Aulbach, M. B., **Bamberg, C.**, Reichenberger, J., Arend, A.-K., & Blechert, J. (2025a). Bidirectional associations between affect and food craving within and between individuals: A mega-analysis. *Appetite*, 209, 107936. <https://doi.org/10.1016/j.appet.2025.107936>
- ▶ Aulbach, M. B., **Bamberg, C.**, Reichenberger, J., Arend, A.-K., & Blechert, J. (2025b). Taming “hanger” and falling prey to boredom- emotional and stress-eating in 801 healthy individuals using ecological momentary assessment. *Appetite*, 107897. <https://doi.org/10.1016/j.appet.2025.107897>
- ▶ **Bamberg, C.**, & Roefs, A. (2025). The impact of dietary claims on behaviour: Expectations qualify how actual satiety affects cognitive performance. *Appetite*, 206, 107823. <https://doi.org/10.1016/j.appet.2024.107823>
- ▶ Kurapov, A., Balashevych, O., **Bamberg, C.**, & Boski, P. (2024). Cutting Cultural Ties? Reasons Why Ukrainians Terminate or Continue to Interact With Russian Culture Despite the Ongoing Russian-Ukrainian War. *Journal of Cross-Cultural Psychology*, 55(5), 553-571. <https://doi.org/10.1177/00220221241256322> (Original work published 2024)
- ▶ Thürmer, J. L., **Bamberg, C.**, McCrea, S. M., & Blechert, J. (2024). Social impediments to meat-eaters’ adherence to critical calls for a meat-free diet: An experimental test of social norm and message source effects. *Appetite*, 200, 107528. <https://doi.org/10.1016/j.appet.2024.107528>
- ▶ **Bamberg C.**, Flasbeck V., Juckel G., Brüne M. *Central serotonergic activity is affected by fasting and selective uptake of nutrition*. *Clinical EEG and Neuroscience*, 2021. doi: 10.1177/15500594211000925
- ▶ **Bamberg C.***, Flasbeck V.*, Diop S., Brüne M. *Ecology of cooperation: the influence of fasting and satiety on interpersonal trust*. *Soc Neurosci.*, 2021. doi:10.1080/17470919.2021.1876758
- ▶ Flasbeck V., **Bamberg C.**, Brüne M. *Short-term fasting and ingestion of caloric drinks affect heartbeat-evoked potentials and autonomic nervous system activity in males*. *Front. Neurosci.*, 2021, doi: 10.3389/fnins.2021.622428

*these authors contributed equally

PREPRINTS

- ▶ Thürmer JL, **Bamberg C**, Kurapov A, et al. (2025) Why Meat-eaters Reject Calls for a Meat-free Diet: Social Norm and Message Source Effects in Two Meat-Eating Cultures. Available at: https://osf.io/uwrv6_v1 (accessed 12 May 2025).

Presentations

- ▶ Poster. *Integrating Directed Acyclical Graphs and Bayesian inference into your Ecological Momentary Assessment analysis workflow*. Society for Ambulatory Assessment Conference. Leuven, Belgium. 05.2025
- ▶ Talk. *Intermittent Fasting as a Potential Stressor: A Randomised Controlled Trial*. European Health Psychology. Cascais, Portugal. 09.2024

- ▶ Poster. *Effects of Satiety and Participants' Expectation on their Performance*. SAMBA Salzburg Mind Brain Annual Meeting. Salzburg, Austria. 07.2023
- ▶ Poster. *The Relationship between Trait-like Stress Eating and Acute Stress Effects on Food Choice*. Society for Ambulatory Assessment Conference, Amsterdam, Netherlands. 05.2023
- ▶ Poster. *Cognitive Performance Is Not Worse When Fasted, a Preregistered Meta-Analysis*. SAMBA Salzburg Mind Brain Annual Meeting, Salzburg. 07.2022
- ▶ Poster. *A Meta-Analysis of the Effects of Temporary Calorie Restriction on Cognitive Performance*. Mind Brain Body Symposium 2022. Online. 03.2022
- ▶ Talk. *Developmental trajectories of flexible feedback processing and probabilistic reversal learning from late childhood to adulthood*. TeaP 2021. Online. 03. 2021
- ▶ Poster. *Fasting and nutrition affect the Loudness Dependence of Acoustic Evoked Potentials*. Live MEEG 2020. Online. 10. 2020
- ▶ Poster. *Developmental changes in extinction learning from infancy to adulthood*. IGSN-BIOME-CRC1280 conference on extinction learning, Bochum. 02. 2020
- ▶ Talk. *Trust is disrupted by physical needs and is payed when it seems worth it*. 16th annual conference of the Italian Association for Cognitive Science AISC, Rome. 12. 2019

Funding and Prizes

- ▶ Sustainable Travel Award. EHPS2025.
- ▶ Scholarship for the promotion of scientific theses. Paris Lodron University Salzburg. Funding amount: 2,000€.
- ▶ Poster Prize, 3rd place. SAMBA Salzburg Mind Brain Annual Meeting. 07.2022. <https://samba.ccns.sbg.ac.at/samba-2022/>
- ▶ Special Poster Prize. Mind Brain Body Symposium. 03. 2022. <https://www.cbs.mpg.de/en/mbb-symposium/details>

Memberships

- ▶ Deputy young scientist representative German Society for Psychology (DGPS), Section Health Psychology
- ▶ Committee member European Health Psychology Society Special Interest Group Conceptualizing - Formalizing - Measuring

Research Experience

GUEST RESEARCHER | EAT-LAB, MAASTRICHT UNIVERSITY, NL | 02.2022 - PRESENT

- ▶ PI Anne Roefs, Eat-Lab, Department of Clinical Psychological Sciences, Faculty of Psychology and Neuroscience
- ▶ Conducting an online study on the effects of hunger and subjective expectations on concentration

RESEARCH ASSISTANT | TECHNICAL UNIVERSITY DORTMUND, GER | 11.2019 - 05.2021

- ▶ PI Prof. Sarah Weigelt, subproject of the Collaborative Research Centre CRC1280

- ▶ Conducted an fMRI study on extinction learning in adolescence
- ▶ Designed a novel reversal learning paradigm for a preregistered online study on cognitive flexibility across different ages
- ▶ Collected, analysed and presented the results of the online study
- ▶ Supervised and guided two student assistants, an intern, a bachelor and master thesis

MASTER THESIS PROJECT | LWL PSYCHIATRIC CLINIC, BOCHUM | 08.2018 - 10.2019

- ▶ Supervisor Prof. Martin Brüne, Dr. Vera Flasbeck
- ▶ Conducted a study on the effects of fasting and eating on cortical serotonergic activity (measured indirectly through acoustic evoked EEG-potentials) and social behaviour
- ▶ Using a repeated measures, cross-over, double blind design
- ▶ Analysed behavioural, electrophysiological and electrocardiographic data, wrote manuscripts for publication
- ▶ Helped standardising the analysis pipeline in the clinic.

STUDENT ASSISTANT | BERGMANN SHEIL CLINIC, BOCHUM | 03.2018 -01.2019

- ▶ Pls Prof. Albert Newen, Prof. Martin Tegenthoff, Prof. Martin Brüne
- ▶ Assisted in a study on the effects of hypnotic suggestions on tactile acuity and associated neural representations
- ▶ Performed and analysed EEG measurements of resting state and somatosensory evoked potentials

Teaching

LECTURER | PARIS LODRON UNIVERSITY | 04.2023 - 08.2024

- ▶ Two years in a row: Graduate level seminar for practical research skills. Supervising students in their projects, teaching programming and research skills
- ▶ Introduction to Scientific Methods in Psychology for undergraduate students
- ▶ Introduction to Statistics for undergraduate students

SUBSTITUTE LECTURER | PARIS LODRON UNIVERSITY | 06. 2025, 05.2023, 02.2023, 01.2024

- ▶ Psychology of Behaviour Change for undergraduate psychology students
- ▶ Lecture on health psychology for undergraduate students

GUEST LECTURER | UNIVERSITY OF BAYREUTH | 04.2019

- ▶ Guest lecturer for an undergraduate level block seminar with 18 students
- ▶ Seminar introduced students to research in cognitive science, philosophy of mind and neuroscience
- ▶ Graded students' presentations and essays

TUTOR | RUHR UNIVERSITY BOCHUM | 09.2018 - 03.2019

- ▶ Tutor for logic and theory of science accompanying a graduate level lecture
- ▶ Drafted exercises, supervised the students in class and graded their final exam

Science Communication

TALKS

- ▶ Talk at Pint of Science. 2025. "Intermittent fasting for health and performance"
- ▶ Talk for high school students. 2024. "Eating, Drinking, Body: What News are there from Eating Psychology?"
- ▶ Invited talk for high school students. 2024. "Nutrition, Diet and Body Image - A Scientific Survival Guide"

ARTICLES

- ▶ Magazine Article on breakfast, fasting and effects on concentration. 2024. Published in print in Spektrum der Wissenschaft Gehirn & Geist Nr. 05/2024
- ▶ Several blog articles on breakfast, intermittent fasting and their effects on concentration. 2024. Published in InMind (German and English). Example: <https://de.in-mind.org/blog/post/fruehstueck-ist-die-wichtigste-mahlzeit-am-tagoder-doch-nicht>
- ▶ Contribution to S4F press release. 2023. <https://at.scientists4future.org/2023/12/01/scientists4future-salzburg-kritisiert-studie-der-wirtschaftskammer-zur-wiederaufnahme-von-kurzstreckenfluegen-salzburg-wien/>
- ▶ Blog article on sustainable conferences for S4F blog. 2023. <https://at.scientists4future.org/2023/01/25/konferenzen-nachhaltiger-gestalten/>

LEARNING BAYESIAN STATISTICS PODCAST | 04.2022 - 04.2024

- ▶ Promoting the podcast on social media, cutting interesting sound snippets and creating abstracts
- ▶ Writing and publishing newsletter for listeners
- ▶ Hosting webinars
- ▶ <https://learnbayesstats.com/>

PINT OF SCIENCE FESTIVAL | 05.2023, 05.2024, 05.2025

- ▶ Organising and hosting a science festival to promote local science, two years in a row
- ▶ <https://pintofscience.at/team/Salzburg>

