

# CONSTANTIN YVES PLESSSEN

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## EDUCATION

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### **PhD. Psychology**

June 2024

VU Amsterdam, Netherlands

*Meta research and research synthesis on digital health interventions*

### **Qualification Program Clinical Research**

March 2023

German College of Psychosomatic Medicine (DKPM)

*Completed 2-year "Clinical Research in Psychosomatic Medicine" program, enhancing research skills and expanding professional network; scholarship recipient with certificate.*

### **M.Sc. Psychology, pass with distinction**

June 2019

University of Vienna, Austria

*Specialization: Mind & Brain*

### **B.Sc. Psychology**

April 2017

University of Vienna, Austria

## RESEARCH EXPERIENCE

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### **Psychometrics and Health Outcomes Research, Charité Universitätsmedizin Berlin**

August 2020 – March 2024  
Berlin, Germany

*Research Assistant*

### **Department of Basic Psychological Research and Research Methods, University of Vienna**

March 2018 – June 2019  
Vienna, Austria

*Teaching Assistant & Research Internship*

### **Department for Psychotherapy and Biopsychosocial Health, Danube University Krems**

July 2014 – March 2015  
Krems, Austria

*Research Assistant & Research Internship*

## PUBLICATIONS

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### **First Author Publications**

Plessen, C. Y., Fischer, F., Hartmann, C., Liegl, G., Schalet, B., Kaat, A. J., Pesantez, R., Joeris, A., Heng, M., Rose, M., the AOBERT Consortium, Vrahas, M., Gwilym, S. E., Orth, M., Braun, B. J., Augat, P., Rothrock, N. E., Di Mascio, L., Pohlemann, T., ... Jaeger, M. (2025). Differential item functioning between English, German, and

- Spanish PROMIS® physical function ceiling items. *Quality of Life Research*, 34(5), 1377-1391. <https://doi.org/10.1007/s11136-024-03866-y> (Citations: 1)
- Plessen, C. Y., Panagiotopoulou, O. M., Tong, L., Ciharova, M., & Cuijpers, P. (2024). Digital mental health interventions for the treatment of depression: A multiverse meta-analysis. *Journal of Affective Disorders*, 369, 1031-1044. <https://doi.org/10.1016/j.jad.2024.10.018> (Citations: 13)
- Plessen, C. Y., Fischer, F., Hartmann, C., Liegl, G., Schalet, B., Kaat, A., Pesantez, R., Joeris, A., Heng, M., & Rose, M. (2025). Multiverse analysis of differential item function of PROMIS Physical Function items. *Advances in Patient-Reported Outcomes*, 1. [https://www.advancesinpro.org/article/S3050-6964\(25\)00119-3/fulltext](https://www.advancesinpro.org/article/S3050-6964(25)00119-3/fulltext)
- Plessen, C. Y. (2024). *Research Synthesis of Psychological Interventions for Mental Health* [PhD Thesis, VU Amsterdam]. <https://research.vu.nl/en/publications/research-synthesis-of-psychological-interventions-for-mental-heal>
- Plessen, C. Y., Karyotaki, E., Miguel, C., Ciharova, M., & Cuijpers, P. (2023). Exploring the efficacy of psychotherapies for depression: a multiverse meta-analysis. *BMJ Mental Health*, 26(1), Article e300626. <https://doi.org/10.1136/bmjment-2022-300626> (Citations: 7)
- Plessen, C. Y., Hartmann, C., Heng, M., Liegl, G., Fischer, F., & Rose, M. (2023). How are age, gender, and country differences associated with PROMIS physical function, upper extremity, and pain interference scores? *Clinical Orthopaedics and Related Research*, 482(2), 244-256. <https://doi.org/10.1097/CORR.0000000000002798> (Citations: 8)
- Plessen, C. Y., Karyotaki, E., & Cuijpers, P. (2022). Exploring the efficacy of psychological treatments for depression: a multiverse meta-analysis protocol. *BMJ Open*, 12(1), Article e050197. <https://doi.org/10.1136/bmjopen-2021-050197> (Citations: 15)
- Plessen, C. Y., Franken, F., Kathofer, M., Kotlyar, E., Maierwieser, R. J., Mayer, A., Rattner, K., Schmid, R. R., Sobisch, M., Ster, C., Wolfmayer, C., & Tran, U. S. (2020). Humor-styles and personality traits: An updated meta-analysis. *Personality and Individual Differences*, 154, Article 109676. <https://doi.org/10.1016/j.paid.2019.109676> (Citations: 122)
- Plessen, C., Gyimesi, M., Kern, B., Fritz, T., Catalán Lorca, M., Voracek, M., & Tran, U. S. (2020). Associations between academic dishonesty and personality: A pre-registered multilevel meta-analysis. *PsyArXiv*. <https://doi.org/10.31234/osf.io/pav2f> (Citations: 22)
- Plessen, C. Y., Boeckle, M., Liegl, G., Leitner, A., Schneider, A., Preining, B., & Pieh, C. (2016). Bedarfsanalyse für ambulante Psychotherapie in Österreich [Supply and demand analysis for psychotherapy in Austria]. *Psychologische Medizin*, 3, 4-9. (Citations: 5)

## Co-Authored Publications

- Roth, M., Plessen, C. Y., Liegl, G., Fischer, F., Koeppen, L.-S., Vajkoczy, P., Prasser, F., Nolte, S., Rose, M., & Obbarius, A. Enhancing High-Resolution Diagnostics in Pain Disorders: Development of an Adaptive Instrument for Ecological Momentary Assessment of Pain Catastrophizing (amPCS). Submitted to *The European Journal of Pain*.

- Ciharova, M., Karyotaki, E., Harrer, M., Weitz, E., Miguel, C., Amarnath, A., Furukawa, T., Plessen, C. Y., ... Cuijpers, P. Prognostic Factors and Effect Modifiers of Effects of Combined Treatment versus Pharmacotherapy Alone for Adult Depression: An Individual Patient Data Meta-analysis. Submitted to The Lancet Psychiatry.
- Miguel, C., Harrer, M., Karyotaki, E., Plessen, C. Y., Ciharova, M., Furukawa, T. A., Cristea, I. A., & Cuijpers, P. (2025). Self-reports vs clinician ratings of efficacies of psychotherapies for depression: a meta-analysis of randomized trials. *Epidemiology and psychiatric sciences*, 34, e15. <https://doi.org/10.1017/S2045796025000095> (Citations: 6)
- Harrer, M., Miguel, C., Van Ballegooijen, W., Ciharova, M., Plessen, C. Y., Kuper, P., Sprenger, A. A., Buntrock, C., Papola, D., & Cristea, I. A. (2025). Effectiveness of psychotherapy: Synthesis of a "meta-analytic research domain" across world regions and 12 mental health problems. *Psychological Bulletin*, 151(5), 600. <https://doi.org/10.1037/bul0000465>
- Cuijpers, P., Harrer, M., Miguel, C., Ciharova, M., Papola, D., Basic, D., Botella, C., Cristea, I., de Ponti, N., & Donker, T. (2025). Cognitive behavior therapy for mental disorders in adults: A unified series of meta-analyses. *JAMA Psychiatry*, 82(6), 563–571. <https://doi.org/10.1001/jamapsychiatry.2025.0482> (Citations:11)
- Scholz, C., Schmigalle, P., Plessen, C. Y., Liegl, G., Vajkoczy, P., Prasser, F., Rose, M., & Obbarius, A. (2024). The effect of self-management techniques on relevant outcomes in chronic back pain: A systematic review and meta-analysis. *European Journal of Pain*, 28(4), 532-550. <https://doi.org/10.1002/ejp.2221> (Citations: 13)
- Cuijpers, P., Miguel, C., Ciharova, M., Harrer, M., Basic, D., Cristea, I. A., de Ponti, N., Driessen, E., Hamblen, J., Larsen, S. E., Matbouriahi, M., Papola, D., Pauley, D., Plessen, C. Y., Pfund, R. A., Setkowski, K., Schnurr, P. P., van Ballegooijen, W., Wang, Y., ... Karyotaki, E. (2023). Absolute and relative outcomes of psychotherapies for eight mental disorders: a systematic review and meta-analysis. *World Psychiatry*, 23(2), 267-275. <https://doi.org/10.1002/wps.21203> (Citations: 85)
- Cuijpers, P., Miguel, C., Harrer, M., Plessen, C. Y., Ciharova, M., Papola, D., Ebert, D., & Karyotaki, E. (2023). Psychological treatment of depression: A systematic overview of a 'Meta-Analytic Research Domain'. *Journal of Affective Disorders*, 335, 141-151. <https://doi.org/10.1016/j.jad.2023.05.011> (Citations: 85)
- Harrison, C. J., Plessen, C. Y., Liegl, G., Rodrigues, J. N., Sabah, S. A., Beard, D. J., & Fischer, F. (2023). Item response theory may account for unequal item weighting and individual-level measurement error in trials that use PROMs: a psychometric sensitivity analysis of the TOPKAT trial. *Journal of Clinical Epidemiology*, 158, 62-69. <https://doi.org/10.1016/j.jclinepi.2023.03.013> (Citations: 5)
- Harrison, C. J., Plessen, C. Y., Liegl, G., Rodrigues, J. N., Sabah, S. A., Beard, D. J., & Fischer, F. (2023). Overcoming floor and ceiling effects in knee arthroplasty outcome measurement: mapping the Oxford Knee Score and High Activity Arthroplasty Score onto a common scale. *Bone & Joint Research*, 12(10), 624-635. <https://doi.org/10.1302/2046-3758.1210.BJR-2022-0457.R1> (Citations: 11)
- Harrison, C. J., Plessen, C. Y., Liegl, G., Rodrigues, J. N., Sabah, S. A., Beard, D. J., & Fischer, F. (2023). Item response theory assumptions were adequately met by the Oxford hip and knee scores. *Journal of Clinical Epidemiology*, 158, 166-176. <https://doi.org/10.1016/j.jclinepi.2023.04.008> (Citations: 16)
- Cuijpers, P., Miguel, C., Ciharova, M., Quero, S., Plessen, C. Y., Ebert, D., Harrer, M., van Straten, A., & Karyotaki, E. (2023). Psychological treatment of depression with other

- comorbid mental disorders: systematic review and meta-analysis. *Cognitive Behaviour Therapy*. <https://doi.org/10.1080/16506073.2023.2166578> (Citations: 25)
- Cuijpers, P., Miguel, C., Harrer, M., Plessen, C. Y., Ciharova, M., Ebert, D., & Karyotaki, E. (2023). Cognitive behavior therapy vs. control conditions, other psychotherapies, pharmacotherapies and combined treatment for depression: a comprehensive meta-analysis including 409 trials with 52,702 patients. *World Psychiatry*, 22(1), 105-115. <https://doi.org/10.1002/wps.21069> (Citations: 277)
- Kossmeier, K., Vilsmeier, J., Dittrich, R., Fritz, T., Kolmanz, C., Plessen, C. Y., Slowik, A., Tran, U. S., & Voracek, M. (2019). Long-term trends (1980-2017) in the N-pact factor: Comparative meta-research of journals in personality psychology and individual differences research. *Zeitschrift für Psychologie*, 227, 293-302. <https://doi.org/10.1027/2151-2604/a000384> (Citations: 9)
- Liegl, G., Plessen, C. Y., Leitner, A., Boeckle, M., & Pieh, C. (2015). Guided self-help interventions for irritable bowel syndrome: a systematic review and meta-analysis. *European Journal of Gastroenterology & Hepatology*, 27, 1209-1221. <https://doi.org/10.1097/MEG.0000000000000428> (Citations: 36)

## CONFERENCE PRESENTATIONS & MODERATION

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- Plessen, C.Y** (2023). Controlling for Publication Bias: Challenges & Future Directions. Moderator at Evidence Synthesis and Meta-Analysis in R Conference (ESMARConf).
- Plessen, C.Y (2023)**. Personalizing Digital Psychotherapy for Anxiety: Insights from an Umbrella Review and a Multiverse Meta- Analysis. Part of the Symposium “Advances In Meta-Analytic Psychotherapy Research” at the German Psychotherapy Conference (DPK).
- Plessen, C.Y (2022)**. The robustness of the efficacy of digital interventions for anxiety: An umbrella review and multiverse meta-analysis. Part of the Symposium “ Stimulation techniques, internet-based interventions, and other psychiatric therapy methods ” at the German Association for Psychiatry, Psychotherapy and Psychosomatics Conference (DGPPN).
- Plessen, C.Y** (2022). *Multiverse Meta-Analyses*. Society for the Improvement of Psychological Science (SIPS) 2022 meeting presentation. Part of the Workshop–Multiverse Analyses - Introduction and Applications.
- Plessen, C.Y** (2022). *What if...? A very short primer on conducting multiverse meta-analyses in R*. Evidence Synthesis and Meta-Analysis in R Conference (ESMARConf). Zenodo. <https://doi.org/10.5281/zenodo.6079835>
- Plessen, C.Y., Hartmann, C., Heng, M., Pesantez, R., Fischer, F., Rose M.** (2021, October). *Differential item functioning of PROMIS physical functioning ceiling items across Argentina, Germany, and the U.S.* Presentation part of the Poster Walk 2: Psychometrics, 7<sup>th</sup> Annual PROMIS International Conference, Making it Personal: PROMIS for International Patient Management.
- Plessen, C. Y., Lammer, A., Tran, U. S., & Voracek, M.** (2019, September). *The conundrum of twin-singleton differences in intelligence: A centenary (1924-2018), preregistered meta-analysis.*

Presentation part of the symposium: “Meta-analyses, meta-meta-analyses, and meta-research in individual differences research”, 15th Conference on Personality and Psychological Assessment (DPPD), Dresden, Germany.

Pieh, C., Boeckle, M., Liegl, G., **Plessen, C. Y.**, & Leitner, A. (2016, March). *Expenditures for mental health in Austria*. Poster session presented at the German congress for psychosomatic medicine and psychotherapy, Potsdam, Germany.

Liegl, G., **Plessen, C. Y.**, Leitner, A., Boeckle, M., & Pieh, C. (2016, March). *Guided self-help interventions for irritable bowel syndrome: A systematic review and meta-analysis*. Poster session presented at the German congress for psychosomatic medicine and psychotherapy, Potsdam, Germany.

## TEACHING EXPERIENCE

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<b>Medical Degree Seminar „Communication, Interaction, Teamwork: Psychosomatic Anamnesis“</b> Lecturer	May 2021 – March 2024 Charité Berlin, Germany
<b>Medical Degree Seminar „Nonverbal Communication“</b> Lecturer	May 2021 – March 2024 Charité Berlin, Germany
<b>Medical Degree Seminar “Evidence Based Medicine: Where is the Evidence?”</b> Lecturer	February 2021 Charité Berlin, Germany
<b>Meta-Analysis Workshop</b> External Lecturer	May 2021 VU Amsterdam, Netherlands
<b>M.Sc. Seminar „Meta-Analyses and Systematic Reviews“</b> <i>Tutor; Preparing two meta-analyses for scientific publication with seminar participant</i>	March 2018 – June 2019 Vienna, Austria
<b>M.Sc. Seminar „Master Thesis Seminar“</b> <i>Tutor; Supporting students in conducting their Master theses (research planning, data analysis, &amp; scientific writing)</i>	October 2018 – June 2019 Vienna, Austria

## AWARDS AND GRANTS

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<b>Abstract Award</b> German Association for Psychiatry, Psychotherapy and Psychosomatics	November 2022 500€
<b>Best Poster Awards: Best Methodological Paper</b> <i>7<sup>th</sup> Annual PROMIS International Conference, PROMIS Health Organisation</i>	October 2021 100\$

**SPOKES Wellcome Trust Funded Think Tank**

*Berlin Institute of Health (BIH), Charité – Universitätsmedizin  
Berlin, and Wellcome Trust*

September 2020 – September  
2022  
20 000€

**Performance Scholarship**

*Austrian Federal Ministry of Science and Research*

October 2018 – October 2019  
1135€

**Performance Scholarship**

*Austrian Federal Ministry of Science and Research*

October 2017 – October 2018  
801€

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**SKILLS & PROFESSIONAL DEVELOPMENT**

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**Languages**

*German (native), English (C2), Latin (certificate),  
Spanish (basic)*

**Basic Software**

*MS Office (advanced), Mac OS (advanced), Microsoft  
Windows (advanced)*

**Statistical Software**

*R (advanced), SPSS (advanced), git (intermediate),  
Comprehensive Meta-Analysis (intermediate), JASP  
(intermediate), Python (basic)*

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**SCIENCE COMMUNICATION**

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**Doing Science Differently Podcast**

*Funding Member, Executive Producer, Moderator*

2021-2022

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**PEER REVIEW**

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**Clinical Psychology in Europe**

*Since 2022*

**Scientific Reports**

*Since 2025*

**BMC Psychiatry**

*Since 2025*

**BMC Psychology**

*Since 2025*