

Lara RÖSLER

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PROFESSIONAL EXPERIENCE

- Current** **Postdoctoral Researcher and Project Manager, SLEEP AND COGNITION GROUP, Netherlands Institute for Neuroscience**
- 03/2020** > Investigating associations between insomnia, hyperarousal and anxiety using actigraphy, ECG, EEG and resting-state fMRI.
> Exploring mechanisms linking insomnia, mood, and hormonal changes in women during reproductive transitions (pregnancy, postpartum, menopause).
- 02/2020** **PhD Student, DEPARTMENT OF CLINICAL PSYCHOLOGY, University of Würzburg**
- 04/2016** > My work focused on the neural and behavioral correlates of social attention and their role in social anxiety while drawing on eye-tracking and ECG analyses.
- 10/2019** **PhD Exchange and Research Assistant, DEPARTMENT OF PSYCHOLOGY, University of Cambridge**
- 02/2019** > I investigated sensory representations (auditory maps) in the brain in wakefulness versus sleep using EEG and fMRI.

EDUCATION

- 2020 PhD in Psychology, University of Würzburg, *Summa Cum Laude*
- 2013 – 2015 Master of Science, Neuroscience and Cognition, Utrecht University, *Cum Laude*
- 2010 – 2013 Bachelor of Liberal Arts, Philosophy and Cognitive Neurosciences, University College Utrecht, *Magna Cum Laude*

GRANTS, HONORS AND AWARDS

- 2022 Research Grant, Bial Foundation, "Uncovering the Dynamics of Hyperarousal and Restless Sleep" (Role : PI, € 55.000)
- 2022 Childcare Support Grant, Sleep Europe (ESRS) Congress
- 2019 Poster Award, World Association for Stress Related and Anxiety Disorders (WASAD) Congress
- 2017 Neuroscience Research Award, Graduate School of Life Sciences, Würzburg
- 2017 Travel Grant from the Graduate School of Life Sciences Würzburg travel award to attend the Statistical Parametric Mapping (SPM) workshop, London
- 2016 Travel Grant from the University Hospital Frankfurt to attend the Schizophrenia International Research Society Conference, Florence
- 2014-2015 U/Select Honors Program, Utrecht University

- 2025 van der Hoeven, L., Hofman, A., **Rösler, L.**, van der Werf, Y.D. & Broekman, B.F.P. Antepartum insomnia symptoms and its association with postpartum depression symptoms in women with and without psychiatric vulnerability : A prospective cohort study *Journal of Affective Disorders*.
- 2024 Barnes-Scheufler, C.V., **Rösler, L.**, Schaum, M. ... & Bittner, R.A. External cues improve visual working memory encoding in the presence of salient distractors in schizophrenia *Psychological Medicine*.
- 2024 **Rösler, L.**, van Kesteren, E. J., Leerssen, J., van der Lande, G., Lakbila-Kamal, O., Foster-Dingley, J. C., ... & van Someren, E. J. Hyperarousal dynamics reveal an overnight increase boosted by insomnia. *Journal of Psychiatric Research*.
- 2024 Leerssen, J., Aghajanic, M., Bresser, T., **Rösler, L.** ... & van Someren, E.J.W. Cognitive, behavioral and circadian rhythm interventions for insomnia alter emotional brain responses. *Biological Psychiatry : Cognitive Neuroscience and Neuroimaging*.
- 2024 Cox, R., **Rösler, L.** ... & van Someren, E.J.W. The first night effect and the consistency of short sleep in insomnia disorder. *Journal of Sleep Research*.
- 2023 Roberts, D., **Rösler, L.**, Wijnen, J.P. & Thakkar, K.N. Associations between N-Acetylaspartate and white matter integrity in individuals with schizophrenia and unaffected relatives *Psychiatry Research*.
- 2023 Barnes-Scheufler, C.V., **Rösler, L.**, Schaum, M. ... & Bittner, R.A. Exogenous cues enhance attentional prioritization during working memory encoding in schizophrenia *Neuroscience Applied*.
- 2022 Qubad, M., Barnes-Scheufler, C.V., **Rösler, L.**, Schaum, M. ... & Bittner, R.A. Improved correspondence of fMRI visual field localizer data after cortex-based macroanatomical alignment. *Scientific Reports*.
- 2022 **Rösler, L.**, van der Lande, G., ... van Someren, E.J.W. Actigraphy in insomnia : Worth the effort? *Journal of Sleep Research*.
- 2022 **Rösler, L.**, van der Lande, G., ... van Someren, E.J.W. Combining cardiac monitoring with actigraphy aids nocturnal arousal detection during ambulatory sleep assessment in insomnia. *Sleep*.
- 2021 Barnes-Scheufler, C.V., Passow, C., **Rösler, L.**, ... Bittner, R. Transdiagnostic comparison of visual working memory capacity in bipolar disorder and schizophrenia. *International Journal of Bipolar Disorders*.
- 2020 Kocevskaja, D., Blanken, T., van Someren, E.J.W. & **Rösler, L.** Sleep quality during the COVID-19 pandemic : Not one size fits all. *Sleep Medicine*
- 2020 **Rösler, L.**, Göhring, S., Strunz, M. & Gamer, M. Social anxiety is associated with heart rate but not gaze in a real social interaction. *Journal of Behavior Therapy and Experimental Psychiatry*
- 2019 **Rösler, L.** & Gamer, M. . Freezing of gaze during action preparation under threat imminence. *Scientific Reports*.
- 2018 Flechsenhar*, A., **Rösler*, L.** & Gamer, M. Investigating the dynamics of social attention with a gaze-contingent display and recurrence quantification analysis. *Scientific Reports*. *Equal contribution
- 2017 **Rösler, L.**, End, A., & Gamer, M. Orienting towards social features in naturalistic scenes is reflexive. *PloS ONE*.
- 2017 Thakkar, K.N., **Rösler, L.**, ... & Neggers, S.F.W. 7T proton magnetic resonance spectroscopy of GABA, glutamate, and glutamine reveals altered concentrations in schizophrenia patients and healthy siblings. *Biological Psychiatry*.

CONFERENCE CONTRIBUTIONS & INVITED TALKS

- 2024 **Rösler, L.**, van der Hoeven, van Someren, E. & Broekman, B.F.P. High prevalence of perinatal insomnia independent of previous mental health diagnosis. *Poster presented at ESRS, Sevilla, Spain.*
- 2024 **Rösler, L. & van Someren, E.** Hyperarousal increases during insomnia : a novel factor analysis approach. *Poster presented at ESRS, Sevilla, Spain.*
- 2023 **Rösler, L. & van Someren, E.** Within-subject dynamics of sleep and anxiety in two distinct insomnia samples. *SLAAP congres, Papendal, NL.*
- 2022 **Rösler, L.** Sleep & Mental Well-being. *Invited Talk, Topics in Translational Neuroscience Workshop, School for Mental Health and Neuroscience, Maastricht, NL.*
- 2022 **Rösler, L. & Van der Wal, Sanne.** Beter Slapen : Do's and Don'ts. *Workshop, KNAW Inspiratiedag, Amsterdam, NL.*
- 2022 **Rösler, L. & van Someren, E.** Actigraphy in insomnia : Worth the effort? *Poster presented at ESRS Congress, Athens, Greece.*
- 2021 **Rösler, L. & van Someren, E.** Actigraphy in insomnia : is it really worth the effort? *Talk presented at SLAAP2021 Congress, Virtual.*
- 2019 **Rösler, L. & Gamer, M.** Freezing of gaze supports action preparation under threat imminence. *Poster presented at WASAD Congress, Würzburg, Germany.*
- 2018 **Rösler, L. & Gamer, M.** Early visual cortex and amygdala activity is modulated by reflexive social attention. *Poster presented at Gentner Symposium "Understanding Others : From Psychological Concepts to Neural Mechanisms", Jerusalem, Israel.*
- 2018 **Rösler, L. & Gamer, M.** The influence of social anxiety on a real-life social interaction. *Talk presented at Science Conference of Zentrum für Psychische Gesundheit, Würzburg, Germany.*
- 2018 **Rösler, L. & Gamer, M.** Behavioral and neural mechanisms of reflexive social attention. *Talk presented at Psychologie und Gehirn Conference, Giessen, Germany.*
- 2018 **Rösler, L. & Gamer, M.** Neural mechanisms of reflexive social attention : a combined eye-tracking and fMRI study. *Poster presented at the Annual Meeting of the Cognitive Neuroscience Society, Boston, United States.*
- 2017 **Rösler, L., End, A., & Gamer, M.** Orienting towards social features in naturalistic scenes is reflexive. *Poster presented at the International Conference for Cognitive Neuroscience, Amsterdam, The Netherlands.*
- 2016 **Rösler, L., Thakkar, K.N., ... & Neggers, S.F.W.** Altered Glutamine, Glutamate and GABA Levels in Schizophrenia Patients and Their Healthy First-Degree Relatives : A 1H-MRS Study at 7T. *Talk presented at the biennial meeting of the Schizophrenia International Research Society, Florence, Italy.*

LANGUAGES

German ● ● ● ● ●
English ● ● ● ● ●
Dutch ● ● ● ● ●

PROGRAMMING

› R
› Python
› Matlab