

CURRICULUM VITAE

MARIA MEIER, M. SC.

PhD candidate

Department of Psychology
Neuropsychology
University of Constance, Germany

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Date of birth: 06.02.1993

RESEARCH INTERESTS

- stress and its relation to metabolic health
- interaction of physiological stress systems
- longitudinal data analysis using multilevel mixed models

ACADEMIC EDUCATION

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|-------------------|--|
| 10/2017 – ongoing | PhD candidate
Neuropsychology (Prof. Dr. Jens Pruessner)
University of Constance, Germany |
| 10/2014 – 02/2017 | M.Sc. in Clinical Psychology and Cognitive Neuroscience
Ludwig Maximilian University of Munich, Germany (final grade: 1.38)
<i>Thesis: The influence of daily activity and fitness on cognitive functioning in stressful conditions among preadolescent children (grade: 1.0)</i> |
| 10/2011 – 07/2014 | B.Sc. in Psychology
University of Regensburg, Germany, and University of Bergen, Norway (final grade: 1.4)
<i>Thesis: A psychological and biometrical assessment of real-life stress in medicine students (grade: 1.3)</i> |

LAB VISITS

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| 04/2019 | Visiting researcher at the Department of Psychiatry of the University of Montreal, and the Center for Human Stress Research in Montreal (Prof. Dr. Sonia Lupien)
Montreal, QC, Canada |
| 06/2017 – 07/2017 | Intern at the Chair of Health Psychology (Prof. Dr. Nicolas Rohleder)
Friedrich Alexander University of Erlangen, Germany |
| 04/2016 – 07/2016 | Intern at the Chair of Sport Psychology (Prof. Dr. Reinhard Fuchs)
Albert Ludwig University of Freiburg, Germany |
| 10/2013 – 12/2013 | Intern at the Department of biological and medical psychology (Prof. Dr. Robert Murison)
University of Bergen, Norway |

PEER REVIEWED JOURNAL ARTICLES

Meier, M., Unternaehrer, E., Dimitroff, S. J., Benz, A. B., Bentele, U. U., Schorpp, S. M., ... & Pruessner, J. C. (2020). Standardized massage interventions as protocols for the induction of psychophysiological relaxation in the laboratory: a block randomized, controlled trial. *Scientific reports*, 10(1), 1-12. <https://doi.org/10.1038/s41598-020-71173-w>
one of the top 100 downloaded neuroscience papers for Scientific Reports in 2020

Meier, M., Unternaehrer, E., Schorpp, S. M., Wenzel, M., Benz, A., Bentele, U. U., Dimitroff, S. J., Denk, B., & Pruessner, J. C. (2020). The opposite of stress: The relationship between vagal tone, creativity and divergent thinking. *Experimental Psychology*.
<https://doi.org/10.1027/1618-3169/a000483>

Meier, M., Wirz, L., Dickinson, P. & Pruessner, J. (2020). Laughter Yoga reduces the cortisol response to acute stress in healthy individuals. *Stress*.
<https://doi.org/10.1080/10253890.2020.1766018>

Wunsch, K., **Meier, M.**, Ueberholz, L., Strahler, J., & Kasten, N. (2019). Acute psychosocial stress and working memory performance: the potential of physical activity to modulate cognitive functions in children. *BMC pediatrics*, 19(1), 271. <https://doi.org/10.1186/s12887-019-1637-x>

Benz, A., **Meier, M.**, Mankin, M., Unternaehrer, E., & Pruessner, J. C. (2019). The duration of the cortisol awakening pulse exceeds sixty minutes in a meaningful pattern. *Psychoneuroendocrinology*, 105, 187-194. <https://doi.org/10.1016/j.psyneuen.2018.12.225>

PREPRINTS

Bentele, U. U.*, **Meier, M.***, Benz, A., Denk, B., Dimitroff, S. J., Pruessner, J., & Unternaehrer, E. (2020, November 9). The impact of maternal care and blood glucose availability on the cortisol stress response in fasted women. <https://doi.org/10.31234/osf.io/axkde> (*under review*)
**shared first authorship*

Meier, M., Bentele, U. U., Benz, A., Denk, B., Dimitroff, S. J., Pruessner, J., & Unternaehrer, E. (2020, August 14). Effects of sugar and sweetener on the acute endocrine stress response in fasted women. <https://doi.org/10.31234/osf.io/n4sd7> (*under review*)

Benz, A.*, **Meier, M.***, Bentele, U. U., Dimitroff, S. J., Denk, B., Pruessner, J., & Unternaehrer, E. (2020, August 6). Early life adversity, dispositional mindfulness, and longitudinal stress experience during the COVID-19 pandemic. <https://doi.org/10.31234/osf.io/5kt6z> (*under review*)
**shared first authorship*

BOOK CHAPTERS

Unternaehrer, E., **Meier, M.**, Bouvette-Turcot, A. A., & Dass, S. A. H. (2020). Long-term epigenetic effects of parental caregiving. *Developmental Human Behavioral Epigenetics: Principles, Methods, Evidence, and Future Directions*, 23, 105.

TALKS (PRESENTER ONLY)

Meier, M., Unternaehrer, E., Bentele, U. U., Wickl, J., Lohmiller, J., Schumm, N., Lorusso, S., Dimitroff, S. J., Benz, A., Denk, B., & Pruessner, J. P. (2020). Sweet as sugar: The effect of fasting, and saccharose or artificial sweetener load on the acute stress response. Virtual meeting of the International Society of Psychoneuroendocrinology, 2020. [*one of the best early career abstract awards*]

Meier, M., Unternaehrer, E., Bentele, U. U., Wickl, J., Lohmiller, J., Schumm, N., Lorusso, S., Dimitroff, S. J., Benz, A., Denk, B., & Pruessner, J. P. (2020). Sweet as sugar: The effect of

fasting, and saccharose or artificial sweetener load on the acute stress response. Virtual Poster Flash organized by the Young Investigator Representatives of the German Society of Psychology, Section Biological Psychology and Neuropsychology, 2020. [3rd place poster award]

Meier, M., Schorpp, S. M., Wenzel, M., Unternaehrer, E., Bentele, U. U., Benz, A., Dimitroff, S., Denk, B., & Pruessner, J. C. (2020). The opposite of stress: The relationship between vagal tone, creativity and divergent thinking. Part of the accepted symposium „The Psychobiology of Stress and Cognition: Experimental Approaches“ at the German Society of Psychology, Section Biological Psychology and Neuropsychology, 46th sectional conference Psychology and Brain, 11.06.2020 – 13.06.2020. Freiburg, Germany. [cancelled due to Covid-19]

Meier, M. (2019). Friends with benefits? Soziale Unterstützung im digitalen Zeitalter [Friends with benefits? Social support in the digital age]. German Society of Psychology, Section Biological Psychology and Neuropsychology, Young Scientist Retreat, 2019. Würzburg, Germany.

Meier, M., Schorpp, S. M., Wenzel, M., & Pruessner, J. C. (2019). In search for a standardized protocol for parasympathetic nervous system activation. Part of the symposium „The opposite of stress: effects of relaxation paradigms on biomarkers and their association with health and disease“ at the German Society of Psychology, Section Biological Psychology and Neuropsychology, 45th sectional conference Psychology and Brain, 20.06.2019 – 22.06.2019. Dresden, Germany.

Meier, M. (2018). Der Einfluss von frühkindlicher Belastung und Glukose-Verfügbarkeit auf die Kortisol-Stress-Antwort [The influence of early life adversity and glucose availability on the cortisol stress response]. German Society of Psychology, Section Biological Psychology and Neuropsychology, Young Scientist Retreat, 2018. Würzburg, Germany.

Meier, M. (2017). The influence of daily activity and fitness on cognitive functioning in stressful conditions among preadolescent children. German Society of Psychology, Section Biological Psychology and Neuropsychology, Young Scientist Retreat, 2017. Marburg, Germany.

POSTERS (PRESENTER ONLY)

Meier, M., Lupien, S., Pruessner, J. C., Unternaehrer, E., & Juster, R. P. (2019). Linking energy metabolism to hypothalamic–pituitary–adrenal functioning—Comparing different plausible mediation models. *Psychoneuroendocrinology*, 107, 31. International Society of Psychoneuroendocrinology, 49th annual conference, 29.08.2019-31.08.2019.

Meier, M., Bentele, U. U., Treitz, F., & Pruessner, J. C. (2018). The impact of Early Life Adversity and glucose availability on the cortisol stress response. German Society of Psychology, Section Biological Psychology and Neuropsychology, 44th sectional conference Psychology and Brain, 31.05.2018 – 02.06.2018. Gießen, Germany.

Meier, M., Ueberholz, L., Kasten, N., Strahler, J., Fuchs, R., & Wunsch, K. (2017). Zum Zusammenhang von Kognition und Alltagsaktivität bei Kindern und Jugendlichen - Die KoAIA-Studie [The Relationship between Physical Activity, Fitness, Stress and Working Memory in Children]. German Association of Sport Psychology e.V., 49. annual conference, 25.05.2017 – 27.05.2017. Bern, Switzerland.

AWARDS

- 3rd place poster award of the Biopsychology and Neuropsychology Division of the German Psychological Society (DGPs) and the German Society for Basic and Applied Psychophysiology (DGPA) at the Young Scientists Virtual Poster Flash 2020

- One of the Best Early Career Abstract Awards at the annual meeting of the International Society of Psychoneuroendocrinology 2020
- One of the Welcome Initiative Awards 2021 of the Society for Behavioral Neuroendocrinology (SBN)

FUNDING HISTORY

- Konstanza follow-up 2020 fund of the University of Constance, with funding of a research visit of Prof. Dr. Sonia Lupien in Montreal, Canada (EUR 2T)
- Grant to attend the 50th annual conference of the International Society of Psychoneuroendocrinology in Chicago, Illinois, USA, 2020 by the international office of the University of Constance (EUR 1.8T)
- Mentoring with Experts and international Networking program 2019 of the University of Constance with funding of training seminars and a research visit of Prof. Dr. Sonia Lupien in Montreal, Canada (EUR 2T)
- Funding to study at the University of Bergen, Norway as part of the Erasmus-program of the DAAD 2013

TEACHING

summer term 2021, 2020 and 2018	Empiric-experimental project seminar Seminar on conceptualization, conductance and reporting of an experimental study University of Constance, Germany
winter term 2019, and summer term 2019	Measuring Hormones 101 – Biochemical assays for the determination of hormones using cortisol Seminar on the assessment and biochemical analysis of salivary cortisol with practical implementation in the wet lab University of Constance, Germany
winter term 2019, 2018 and 2017	Psychological methods for optimal exam preparation Interdisciplinary seminar with psychology and law students University of Constance, Germany

SUPERVISION OF STUDENT THESIS

since winter term 2017	Co-supervision of more than 20 Bachelor and Master students Support in conceptualization and conductance of experimental studies, support in statistical analyses, writing and presentation University of Constance, Germany
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COMMITTEE WORK

since winter term 2020	Member of the Ethics Committee of the University of Constance
since winter term 2019	Representative of the doctoral students in the council of the Psychological Department of the University of Constance
since summer 2020	Representative of the Early Career Scholar committee of the International Society of Psychoneuroendocrinology

CERTIFICATES (ALPHABETICAL ORDER)

"Leadership, Management, Knowledge Transfer" certificate of the University of Constance

REVIEWER FOR (ALPHABETICAL ORDER)

Biological Psychology, Experimental Psychology, Psychoneuroendocrinology, Psychophysiology

MEMBERSHIP IN ACADEMIC SOCIETIES (ALPHABETICAL ORDER)

German Society of Psychology (DGPs), Division Biological Psychology and Neuropsychology

German Society for Basic and Applied Psychophysiology (DGPA)
International Society of Psychoneuroendocrinology (ISPNE)
Society for Behavioral Neuroendocrinology (SBN)

RESEARCH PROFILES (ALPHABETICAL ORDER)

GoogleScholar	https://tinyurl.com/yc7nzipud
ORCID	http://orcid.org/0000-0002-1655-5479
OSF	https://www.osf.io/dvkes
Research Gate	https://www.researchgate.net/profile/Maria_Meier4
Twitter	https://twitter.com/Maria__Me__