

**CV****Personal information****Steckhan Nico**

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E-mail	nico.steckhan@gmail.com
Nationality	German
Date of birth	13th June 1984
Sex	Male

**Professional experiences**

Period	seit 01/06/2013
Position	scientific staff
Function & Tasks	Bioinformatics; Biometrics in health research
Employer	Charité Universitätsmedizin Berlin, Abteilung für Naturheilkunde
Labor sector	scientific research
Period	10/03/2012 - 10/03/2013
Position	scientific staff
Function & Tasks	Imaging und Cloning of autophagy genes
Employer	FU Berlin Neurogenetics AG Sigris
Labor sector	scientific research
Period	23/07/2007 - 15/09/2007
Position	Internship Max Planck Institute for Neuroscience
Function & Tasks	Analysis of ECG measurements Herstellung musikalischer Stimuli Setup of Eyetracking system for the measurements of vegetative reactions to music
Employer	Max Planck Institute for Neuroscience Stephanstraße 1a, 04103 Leipzig (Germany)
Labor sector	Scientific research
Period	07/05/2007 - 15/06/2007

Position	Internship Institute of Immunology
Function & Tasks	Cloning of single fragment antibodies and diabodies
Employer	Institute of Immunology Fetscherstr. 74, 01307 Dresden (Germany)
Labor sector	Scientific research
Period	03/08/2006 - 15/09/2006
Position	Internship - Institute of endothelial circulation
Function & Tasks	Establishment of threedimensional Spheroid culture from endothelial- and muscle cells Identification of gene variants in Arteriosclerosis
Employer	Institute of endothelial circulation Fetscherstr. 74, 01307 Dresden (Germany)
Art des Arbeitsektors	Scientific research
<b>Education</b>	
Period	Until 01/10/2016
Qualification	Master of science Bioinformatics
University	University of Potsdam
Period	01/06/2014 -01/09/2017
Qualification	Dr. rer. medic.
University	Charité Medical university
Period	01/10/2004 - 31/03/2011
Qualification	Diploma Biology (Dipl. Biol.) "Influence of a Suggestive Placebo Intervention on Psychobiological Responses to Social Stress: A Randomized Controlled Trial" (Note:1,8)
University	Technical University Dresden Department of Biology Zellescher Weg, 01062 Dresden (Germany)
Level der nationalen oder internationalen Klassifikation	ISCED 5

**Further competences**

Mother tongue

**Deutsch**

other

*European level (\*)***English****French**

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C1	Independent user	C1	Independent user	C1	Independent user	C1	Independent user	C1	Independent user
A2	Basic User	A2	Basic User	A2	Basic User	A1	Basic User	A1	Basic User

*(\*) Common European Framework of Reference (CEF) level*

Soziale Kompetenzen

Team spirit; good with international cooperations

Organisatorische Fähigkeiten

Self organized

Technical expertise

Physical Computing

Computerfähigkeiten

Microsoft Office™ tools (Word™, Excel™ and PowerPoint™)

Fluent in the statistical programming language R

Basical experiences with SPSS/PASW

Good experiences with Python 3

Good experiences with PhotoShop™ and Illustrator™

Good experiences with Linux (Debian, Ubuntu, Rasbian (Raspberry Pi))

Basic experiences with LaTeX

Basic experiences with Java (Processing), Presentation

Künstlerische Fähigkeiten

Production of electroacoustic music

Lyrics

Shortfilms

Driver's licence

B

### Publications:

1. C. S. Kessler, R. Stange, M. Schlenkermann, M. Jeitler, A. Michalsen, A. Selle, F. Raucci, and **N. Steckhan**, "A nonrandomized controlled clinical pilot trial on 8 wk of intermittent fasting (24 h/wk).," *Nutrition*, vol. 46, p. 143–152.e2, Feb. 2018.
2. C. S. Kessler, C. Eisenmann, F. Oberzaucher, M. Forster, **N. Steckhan**, L. Meier, E. Stapelfeldt, A. Michalsen, and M. Jeitler, "Ayurvedic versus conventional dietary and lifestyle counseling for mothers with burnout-syndrome: A randomized controlled pilot study including a qualitative evaluation.," *Complement. Ther. Med.*, vol. 34, pp. 57–65, Oct. 2017.
3. M. Jeitler, J. Jaspers, C. von Scheidt, B. Koch, A. Michalsen, **N. Steckhan**, and C. S. Kessler, "Mind-body medicine and lifestyle modification in supportive cancer care: A cohort study on a day care clinic program for cancer patients.," *Psychooncology*, vol. 26, no. 12, pp. 2127–2134, Dec. 2017.
4. H. Cramer, H. Haller, R. Lauche, **N. Steckhan**, A. Michalsen, and G. Dobos, "A systematic review and meta-analysis of yoga for hypertension.," *Am. J. Hypertens.*, vol. 27, no. 9, pp. 1146–51, Sep. 2014.
5. H. Cramer, R. Lauche, H. Haller, **N. Steckhan**, A. Michalsen, and G. Dobos, "Effects of yoga on cardiovascular disease risk factors: a systematic review and meta-analysis.," *Int. J. Cardiol.*, vol. 173, no. 2, pp. 170–83, May 2014.
6. C. Li, B. Sadraie, **N. Steckhan**, C. Kessler, R. Stange, M. Jeitler, and A. Michalsen, "Effects of A One-week Fasting Therapy in Patients with Type-2 Diabetes Mellitus and Metabolic Syndrome - A Randomized Controlled Explorative Study.," *Exp. Clin. Endocrinol. Diabetes*, vol. 125, no. 9, pp. 618–624, Oct. 2017.
7. **N. Steckhan**, F. Zimmermann-Viehoff, K. Meissner, H.-C. Deter, and C. Kirschbaum, "Influence of a Suggestive Placebo Intervention on Psychobiological Responses to Social Stress: A Randomized Controlled Trial.," *J. Evid. Based. Complementary Altern. Med.*, vol. 21, no. 1, pp. 3–9, Jan. 2016.
8. **N. Steckhan**, C.-D. Hohmann, C. Kessler, G. Dobos, A. Michalsen, and H. Cramer, "Effects of different dietary approaches on inflammatory markers in patients with metabolic syndrome: A systematic review and meta-analysis.," *Nutrition*, vol. 32, no. 3, pp. 338–48, Mar. 2016.
9. C. D. Hohmann, H. Cramer, A. Michalsen, C. Kessler, **N. Steckhan**, K. Choi, and G. Dobos, "Effects of high phenolic olive oil on cardiovascular risk factors: A systematic review and meta-analysis.," *Phytomedicine*, vol. 22, no. 6, pp. 631–40, Jun. 2015.

### Journals:

„Soja/Genistein: Eine kontroverse Angelegenheit – Prävention und Behandlung von Brustkrebs mit Phytoöstrogenen“

Zeitschrift für Phytotherapie (2013)  
34 (03): 126-128  
DOI: 10.1055/s-0032-1331496

### Posters:

“Fasting induces global changes in gene expression in patients with metabolic syndrome“

Berlin Institute of Health Symposium 2016 'Exploring Systems Medicine'

“Ayurvedic versus conventional dietary and lifestyle counseling for mothers with burnout-syndrome: A randomized controlled pilot study”

8th European Congress for Integrative Medicine 2015  
European Journal of Integrative Medicine 2015

### Peer-Review:

„Fasting induces global changes in gene expression in patients with metabolic syndrome“ (submitted October 2016, PLoS One)

„The influence of a lifestyle modification program on hairsteroids of patients with cardio-metabolic risk“  
(in Kooperation mit AG Biopsychologie TU Dresden; Prof. Kirschbaum, T. Stalder)

„The effects of short-term fasting on quality of life and tolerance to chemotherapy in patients with gynecological cancer: a randomized cross-over pilot study“

„Monday is Fasting Day – Results of a Non-Randomized Controlled Clinical Pilot Trial on 8 weeks of Intermittent Fasting (MIFT-Trial)“

„Effects of phlebotomy on hypertension“