

CURRICULUM VITAE – ANIK DEBROT, PHD

Institut de psychologie – Université de Lausanne
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Languages (fluently spoken and written):
French, Spanish, English, German
34 years old

EMPLOYMENT

- Research and Teaching fellow (Maître-assistante). Cognition and Affect Regulation Laboratory. Clinical psychology and psychotherapy unit. Jan. 17 - ...
- SNF-Postdoctoral fellow, University of Toronto, Relationships and Well-being lab Prof. Impett Aug. 15 – Dec. 16
- Lecturer (maître-assistante), University of Fribourg, Clinical and Family psychology Prof. Schoebi July 15
- Postdoctoral fellow (assistante-docteure), University of Fribourg, Personnel and organizational psychology, Prof. Klumb Apr. 14 – June 15
- Clinical psychologist, private office of Dr Juvet, Fribourg June 14 – July 15
- Clinical psychologist, Psychiatric Day Clinic, Marsens, Switzerland May 12-March 14
- Graduate clinical internship, Psychiatric Day Clinic, Fribourg, Switzerland Oct. 11-Apr. 12
- Ph.D. studies: May 08-Sept. 11
 - Chair assistant, Clinical Psychology Unit, Prof. Perrez, University of Fribourg (Sept. 09-Sept. 11)
 - Research assistant, SNF Project “NCCR-Affective Science” Interpersonal emotion regulation, Clinical Psychology Unit, University of Fribourg (May 08-Aug. 09)
- Student assistant at the Center for the development of tests and diagnostics, Psychology department, University of Fribourg, Prof. Dr Klaus-Dieter Hänsgen May 06–Aug. 08
- Graduate internship at the Psychotherapy Center of the Family Institute, University of Fribourg. June 10-Sept. 11
- Secretary of the “Association romande et tessinoise des éducateurs/trices et formateurs/trices en santé sexuelle et reproductive” (ARTANES) May 04–Sept. 09
- Internship at the School psychology service of Fribourg town Oct. 06-March 07

EDUCATION

ACADEMIC TITLES

- Ph.D., University of Fribourg, Clinical Psychology Unit Oct. 12

Title: “Positive relationship processes: Interpersonal emotional regulation and well-being in the daily life of romantic couples”

Best distinction (summa cum laude; committee: Prof. Perrez, Prof. Reicherts, Prof. Bradbury (UCLA) and two members of the faculty)
- Master of Science, Psychology, University of Fribourg (bilingual French and German) With an Erasmus abroad scholarship, Karl Ruprechts Universität Heidelberg, Germany (Oct. 03-July 04) March 08
 - Major: - Clinical psychology
 - Minors: - General and pedagogical psychology
 - Sociology

PSYCHOTHERAPY

- Federally recognized psychotherapist Sept. 15
Master of Advanced Studies "Postgraduate Studies of Psychotherapy"
Cognitive-behavioral and interpersonal orientation, University of Bern (in German)

ACADEMIC TRAINING

- The psychology of human sexuality 2016
University of Toronto, Seminar for Graduate students, Prof. G. MacDonald
- Open Science Framework workshop Nov. 15
University of Toronto Mississauga, Prof. Lorne Campell
- "An Introduction to Using Intensive Longitudinal Data to Study Dyadic Processes" Oct. 14
University of Lausanne. Prof. J-P Laurenceau & Prof. D. Schoebi.
- Within the Graduate school of the NCCR-Affective Science
 - Group Mentoring: StartingDoc program for new female Ph.D. Students, 2009-10
Menta: Dr Eva Green,
 - Multilevel models: practical applications, 2010
Swiss Summer School of Methods in the Social Sciences, University of Lugano
 - 1st International Summer School in Affective Science (ISSAS), 2009
"Emotion Elicitation: Appraisal, Values and Norms",
Organized by the "NCCR Affective Science", University of Geneva
 - Workshop: "Writing and publication of scientific articles", 2009
 - Short Courses "Latent Variable Modeling in Mplus", Freie Universität, Berlin 2009
 - ESFR-Doctoral Workshop: "Investigating Interpersonal Sensitivity and 2009
Emotion Regulation in Couples and Families", University of Fribourg
 - "English for Researchers", University of Fribourg 2008-09
 - "Academic know-how: Transversal skills in scientific communication and 2008
career management", CUSO
 - Structural Equation Modeling I, 2008
Swiss Summer School of Methods in the Social Sciences, University of Lugano

AWARD AND GRANTS

"Young Scientist Award 2013" of the Swiss Society of Psychology

GRANTS

- Grant of the Research commission of the Social and Political Sciences Faculty for the 4220.- CHF
promotion of research at the University of Lausanne
- Research support within the Early PostDoc Mobility Grant, Swiss National Science Foundation 2605.- CHF
- Early PostDoc Mobility Grant, Swiss National Science Foundation 55'000.- CHF
- For the project "Touch as stress buffer: An experimental study" Total = 4310.- CHF
 - "Fonds d'action facultaire, Faculté des Lettres de l'Université de Fribourg" 510.- CHF
 - "Fonds du centenaire de l'Université de Fribourg" 800.- CHF
 - "Association des amis de l'Université de Fribourg" 3000.- CHF

TEACHING EXPERIENCE

- Master Seminars:
 - Psychopathological evaluation: Processes and methods
 - Stress management: Individual interventions for health promotion
 - Analysis of Family Stress: Concepts, methods und exercises

- Bachelor Seminar:
 - Psychological Interventions: Basis und elementary skills
 - Seminar “Family education” (Mandate for the Remote University of Rouen, France)

STUDENT SUPERVISION

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| - 3 Master students about touch in couple relationships | currently |
| - 4 Bachelor papers about psychotherapy interventions | currently |
| - 6 Bachelor thesis about touch in couple relationships | 2014-15 |
| - 7 term papers about couple relationships | 2010-12 |

OTHER ACADEMIC EXPERIENCES

- Ad hoc reviewer for
 - o US National Science Foundation - grant application at the Social Psychology Program
 - o Journal of Family Psychology
 - o Journal of Social and Personal Relationships
 - o Journal of Happiness Studies
 - o Biological Psychology
 - o Plos One
 - o Swiss Journal of Psychology
 - o Psychiatry Journal
 - o Archives of Sexual Behavior
 - o Personality and Social Psychology Bulletin
- Organization of a symposium at the 15th SSP-SGP Conference, Lausanne, Switzerland. Sept. 2017
- Organization of a symposium at the International Association for Relationship Research (IARR) 2017 conference, Syracuse, NY, USA. June 2017
- Organization of a symposium at the 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs Bielefeld, Germany. May 2016
- Invitation of a speaker for the “Lunchtime Seminar” of the Psychology Department, University of Fribourg: Dagan, M., University of Gronigen, Netherlands. Nov. 2011
“It takes two to tango: Support processes in couples coping with cancer”
- Representative of the scientific collaborators at the election committee for the nomination of the clinical psychology professor, University of Fribourg Nov. 2010
- Representative of the scientific collaborators at the Psychology Department, University of Fribourg 2009-11

MEMBERSHIPS

- IARR, International Association of Relationship Research
- SSP-SGP, Swiss Psychological Society
- Réseau français de la SEPI (Society for the Exploration of Psychotherapy Integration).

REFERENCES

Please feel free to contact the following persons for a reference:

- Prof. Dr. Dominik Schoebi, Clinical Family Psychology, University of Fribourg, Switzerland.
dominik.schoebi@unifr.ch, +41 (0)26 300 7360
- Prof. Dr Emily Impett, Relationship and Well-Being Lab, University of Toronto Mississauga, Canada.
emily.impett@utoronto.ca
- Prof. Dr. Valentino Pomini, Cognition and Affect Regulation Laboratory, University of Lausanne, Switzerland.
valentino.pomini@unil.ch, +41 21 692 32 77
- Lic. phil. Florence Guenot, head of the psychology service, Réseau Fribourgeois de Santé Mentale, Switzerland. guenotf@rfsm.ch, +41 26 305 78 00

PUBLICATION LIST

PEER-REVIEWED ARTICLES

- Debrot, A., Siegler, S., Klumb, P. L., & Schoebi, D. (2017). Daily work stress and relationship satisfaction: Detachment affects romantic couples' interactions quality. *Journal of Happiness Studies*, 99, online first publication. doi:10.1007/s10902-017-9922-6
- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D. (2017). More than just sex: Affection mediates the association between sexual activity and well-being. *Personality and Social Psychology Bulletin*, 43(3), 287–299. doi: 10.1177/0146167216684124
- Debrot, A., Salamin, V., Gothuey, I., & Kratzel, A. (2016). A naturalistic study of outcomes in a general psychiatry day hospital. *Swiss Archives of Neurology, Psychiatry and Psychotherapy*, 167(8), 245–251. doi: 10.4414/sanp.2016.00447
- Debrot, A., Schoebi, D., Perrez, M., & Horn, A. B. (2014). Stroking your beloved one's white bear: Responsive touch by the romantic partner buffers the negative effect of thought suppression on daily mood. *Journal of Social and Clinical Psychology*, 33, 75–97. doi: 10.1521/jscp.2014.33.1.75
- Debrot, A., Schoebi, D., Perrez, M., & Horn, A. B. (2013). Touch as an interpersonal emotion regulation process in couple's daily lives: The mediating role of psychological intimacy. *Personality and Social Psychology Bulletin*, 39, 1373-1385. doi: 10.1177/0146167213497592
- Debrot, A., Cook, W. L., Perrez, M., & Horn, A. B. (2012). Deeds matter: Daily enacted responsiveness and intimacy in couples' daily lives. *Journal of Family Psychology*, 26, 617–627. doi: 10.1037/a0028666

MANUSCRIPTS IN PREPARATION

- Horn, A. B., Samson, A., Debrot, A., & Perrez, M. (2017). *Positive humor in couples as interpersonal emotion regulation: A dyadic study in everyday life on the mediating role of psychological intimacy*. Manuscript under revision.
- Park, Y., Debrot, A., Spielmann, S., Joel, S., Impett, E., MacDonald, G. (2017). *Distinguishing dismissive from fearful attachment in the association between closeness and commitment*. Submitted manuscript.
- Debrot, A., Stellar, J., & Klumb, P. L. (2017). *Touch as a stress-buffer in couples: An experimental study*. Manuscript in preparation.
- Debrot, A., Stellar, J., MacDonald, G., Keltner, D. & Impett, E. A. (2017). *Touch and well-being in romantic relationships: Do avoidantly attached individuals benefit less from touch?* Manuscript in preparation.
- Muise, A., Impett, E., Kim, J., Debrot, A., MacDonald, G. (2017). *Gone but not forgotten: Sexual nostalgia as a response to sexual and relational "dry spells"*. Manuscript in preparation.
- Horn, A. B., Debrot, A., & Perrez, M. (2016). *Interpersonal correlates of intrapersonal rumination in daily life: Actor and partner effects on changes in psychological intimacy*. Manuscript in preparation.

ORAL PRESENTATIONS

- Debrot, A., Stellar, J., MacDonald, G., & Impett, E. A. (2017). *Touch and well-being in romantic relationships: Do avoidantly attached individuals benefit less from touch?* Paper presented at the 15th SSP-SGP Conference, September 4-5, Lausanne, Switzerland.
- Debrot, A., Stellar, J., MacDonald, G., Horn A. B., & Impett, E. A. (2017). *Touch and well-being: Do avoidantly attached individuals react differently to touch?* Paper submitted for presentation at the International Association for Relationship Research (IARR) 2017 conference, June 23-25, Syracuse, NY, USA.
- Debrot, A., Stellar, J., MacDonald, G., Horn A. B., & Impett, E. A. (2017). *Attachment insecurity diminishes the positive association of touch with well-being in couples*. Paper accepted for presentation at the biennial International Convention of Psychological Science (ICPS), March 23-25, Vienna, Austria.
- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D. (2016). *"Sleeping" together, happy together: Affection mediates the association between sexual activity and well-being*. Paper presented at the 2016 CSRF (Canadian Sex Research Forum) Annual Meeting, Sept. 22-24, Québec City, Canada.

- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D. (2016). *"Sleeping" together, happy together: Affection mediates the association between sexual activity and well-being*. Paper presented at the International Association for Relationship Research (IARR) 2016 conference, July 20-24, Toronto, Canada.
- Debrot, A., Kroupi, E., & Klumb, P. L. (2016). *Touch as a stress-buffering mechanism in couples: The moderating effect of attachment insecurity*. Paper presented at the 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, May 4-8, Bielefeld, Germany.
- Debrot, A., Meuwly, N., & Schoebi, D. (2015). *Cheering-up in the bedroom! Positive affective consequences of sex: The mediating role of affectionate exchanges*. Paper presented at the 14th SSP-SGP Conference, September 8-9, Geneva, Switzerland.
- Debrot, A., & Schoebi, D., Siegler, S., & Klumb, P. L. (2015). *Daily interpersonal consequences of psychological detachment from work*. Paper presented at the 14th SSP-SGP Conference, September 8-9, Geneva, Switzerland.
- Debrot, A., & Klumb, P. L., (2015). *Touch as a stress-buffering mechanism in couples: The moderating effect of social anxiety*. Paper presented at the IARR Mini-Conference: Relationships, Health and Wellness. June 19-21, Rutgers University, New Brunswick, New Jersey (USA).
- Debrot, A., Cook, W. L., Perrez, M., & Horn, A. B. (2013). *Deeds matter: Daily enacted responsiveness and intimacy in couples' daily lives*. [PowerPoint slides]. Paper presented at the Congress of the Swiss Psychological Society, Talk of the Young Scientist, Basel, Switzerland.
- Debrot, A., Schoebi, D., Perrez, M., & Horn, A. B. (2013). *Responsive Touch as an Interpersonal Emotion Regulation Process in the Daily Life of Couples: The Mediating Role of Intimacy* [PowerPoint slides]. Paper presented at the Congress of the Swiss Psychological Society, Basel, Switzerland.
- Debrot, A., Schoebi, D., Perrez, M., & Horn, A. B. (2012). *Responsive Touch as an Interpersonal Emotion Regulation Process in the Daily Life of Couples: The Mediating Role of Intimacy* [PowerPoint slides]. Paper presented at the International Association for Relationship Research Conference, Chicago, USA.
- Debrot, A., Horn, A. B., Schoebi, D., Reicherts, M., & Perrez, M. (2010, July). *Responsiveness as a buffer of dysfunctional emotion regulation: the importance of caressing your partner's white bear* [PowerPoint slides]. Paper presented at the 12th Congress of the Swiss Society of Psychology, Fribourg, Switzerland.
- Debrot, A., Horn, A. B., Perrez, M., & Reicherts, M. (2010, July). *The role of visible responsiveness and its perception on intimacy feelings of romantic partners* [PowerPoint slides]. Paper presented at the International Association for Relationship Research Conference, Herzliya, Israel.
- Debrot, A., Horn, A. B., Molina, L., Perrez, M., & Reicherts, M. (2009, August). *Who is the real beneficiary when you try to improve your partner's affective state? Interpersonal emotion regulation in couples* [PowerPoint slides]. Paper presented at the 11th Congress of the Swiss Psychological Society, Symposium "Emotions, emotion regulation and well-being in everyday social interactions", Neuchâtel, Switzerland.

POSTERS

- Debrot, A., Brodbeck, J., Berger, T., Znoj, H., & Pomini, V. (2017). *LIVIA-FR: A French online therapeutic intervention for adults having difficulties to deal with the loss of their romantic partner*. Poster presented at the 15th SSP-SGP Conference, September 4-5, Geneva, Switzerland.
- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D. (2016). *"Sleeping" Together, Happy Together: Affection Mediates the Association between Sexual Activity and Well-Being*. Poster presented at the Annual Convention of the Society for Personality and Social Psychology (SPSP). January 28-30, San Diego, USA.
- Debrot, A., Meuwly, N., & Schoebi, D. (2015). *Sex and loving moments as emotion regulation: A daily diary study of young parents*. Poster presented at the Conference of the International Society for Research on Emotions (ISRE). July 8-10, University of Geneva, Switzerland.
- Debrot, A., Clément, O., Kratzel, A. (2012). *Characteristics of patients with a Borderline personality disorder in a day hospital*. Poster presented at the 42nd Congress of the European Association for Behavioral and Cognitive Therapies, Geneva, Switzerland.
- Debrot, A., Perrez, M., Horn, A. B. (2011). *Stroking your white bear: The interplay of thoughts suppression and physical responsiveness on couples' daily mood*. Poster presented at the International Meeting of the Society of Psychotherapy Research, University of Bern, Switzerland.

- Debrot, A., Horn, A. B., Perrez, M., & Reicherts, M. (2010). *The role of visible responsiveness and its perception on intimacy feelings of romantic partners*. Poster presented at the Stress and Coping in Close Relationships Conference, University of Zürich, Switzerland.
- Debrot, A., Reicherts, M., Maggiori, C., Walther, T., & Hulmann, C. (2009). *Daily affectivity in young olds: The influence of the practice of yoga*. Poster session presented at the International Society for Research on Emotion (ISRE) 2009 Conference, Leuven, Belgium.
- Debrot, A., Horn, A. B., Molina, L., Perrez, M., & Reicherts, M. (2009). *Dankbarkeit und psychische Intimität bei Paaren: Aktor- und Partnerzusammenhänge*. Poster session presented at the 6. Workshopkongress für Klinische Psychologie und Psychotherapie, Zürich, Switzerland.
- Debrot, A., Horn, A. B., Molina, L., Perrez, M., & Reicherts, M. (2009). *Intra- and interpersonal emotion regulation: Actor and partner effects on daily feelings of intimacy*. Poster presented at the Annual Research Forum of the NCCR-Affective Science, Geneva, Switzerland.

OTHERS

- Debrot, A. (2011). [Review of the book *Lehrbuch Psychotherapie*, by W. Lutz (Ed.)]. *Zeitschrift für Klinische Psychologie und Psychotherapie*, 40, 207-208. doi: 10.1026/1616-3443/a000084.
- Debrot, A. (2012). *Positive relationship processes: Interpersonal emotion regulation and well-being in the daily life of romantic couples* (Doctoral dissertation). University of Fribourg. Retrieved from <http://doc.rero.ch/record/30453>