

CURRICULUM VITAE – ANIK DEBROT, PHD

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Languages (fluently spoken and written):
French, Spanish, English, German
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EDUCATION

- 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) March 08
With an Erasmus scholarship, Karl Rupprechts Universität Heidelberg, Germany (2003-04)
 - Major: - Clinical psychology
 - Minors: - General and educational psychology and Sociology
- Federally recognized psychotherapist Sept. 15
Master of Advanced Studies “Postgraduate Studies of Psychotherapy”
Cognitive-behavioral and interpersonal orientation, University of Bern

EMPLOYMENT

- Lecturer (Maître-assistante). University of Lausanne, Institute of Psychology Jan. 17 -
Cognition and Affect Regulation Laboratory, Prof. Pomini.
- SNF-Postdoctoral fellow, University of Toronto, Relationships and Well-being lab Aug. 15 – Dec. 16
Prof. Impett
- Lecturer (maître-assistante), University of Fribourg, Clinical and Family psychology July 15
Prof. Schoebi
- 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-Mar. 14
- Graduate clinical internship, Psychiatric Day Clinic, Fribourg, Switzerland Oct. 11-Apr. 12
- Chair assistant, Clinical Psychology Unit, Prof. Perrez, University of Fribourg Sept. 09-Sept. 11
- Research assistant, SNF Project “NCCR-Affective Science: Interpersonal emotion regulation”, May 08-Aug. 09
Clinical Psychology Unit, University of Fribourg
- Graduate internship at the Psychotherapy Center, Family Institute, University of Fribourg June 10-Sept. 11.
- Student assistant at the Center for the development of tests and diagnostics, May 06–Aug. 08
Psychology department, University of Fribourg, Prof. Dr Klaus-Dieter Hänsgen

FELLOWSHIPS AND OTHER SUPPORT

- Support for the Assistant professors and “Master Assistants” (Maître-Assistant-e-s): Teaching substitute for one semester to make a FNS grant proposal, University of Lausanne, SS 2018 12'000.- CHF
- Early PostDoc Mobility Grant, Swiss National Science Foundation, 2015-2016 (18 months) 55'000.- CHF

APPROVED RESEARCH PROJECTS

- “Touch in close relationships of Latino-American” 2'345.- CHF
Research Commission, Faculty of Social and Political Sciences, University of Lausanne
- LIVIA-FR: Online unguided intervention for bereaved and separated individuals 4'220.- CHF
Research Commission, Faculty of Social and Political Sciences, University of Lausanne
- “Touch, well-being and stress in romantic relationships: The role of attachment” 2605.- CHF
Research support within the Early PostDoc Mobility, Swiss National Science Foundation
- “Touch as stress buffer: An experimental study”
 - Approved by the Ethic Committee of the Canton Vaud
 - Funding : 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
- “Basis documentation of the users of two psychiatric day clinic of the Canton Fribourg”
 - Approved by the Ethic Committee of the Canton Fribourg
- “Daily intra- and interpersonal emotion regulation in couples”
 - Approved by the ethics committee of the German Association of Psychology

STUDENT SUPERVISION

- 10 Master students about interpersonal touch currently
- 4 Bachelor papers about online and grief-related psychotherapy interventions currently
- 1 co-supervision of a Master student, University of Leiden, The Netherlands currently
With Prof. Karremans, Radboud University, and Prof. van der Wal, Utrecht University
 - Besim Durbin: “A Search of Causality for Physical Affection and Role of Attachment: Does increasing daily physical affection lead to a better relationship?”
- 10 undergraduate student assistants at the University of Toronto 2016
 - Projects: “Coding of touch in videos of couple interactions” and “Cleaning of physiological data”
- 6 Bachelor theses about an experimental study of touch in couple relationships 2014-15
- 7 term papers about couple relationships 2010-12

Member of defense committees:

- Maria Sole Maimone et Natascha Usai : Processus de rupture et de résolution de l’alliance thérapeutique dans la prise en charge de patients borderline : Evolution longitudinale et influence de la formulation de cas relationnelle. Master Thesis under the supervision of Dr. Yves de Rothen. 17.8.2017.
- Esther Liekmeier et Céline Ronchietto : « Les interventions psychologiques validées empiriquement pour le deuil sont-elles applicables aux parents ayant perdu un enfant? ». Master Thesis under the supervision of Prof. Valentino Pomini. 31.5.2018.
- Dominique Flück : « Traitement sur internet du deuil du partenaire : Exploration de la faisabilité, la qualité et l’adéquation de la première version française du programme LIVIA ». Master Thesis under the supervision of Prof. Valentino Pomini. 8.6.2018.
- Irina Tremea : « L’apport de l’utilisation des couleurs dans la thérapie de relaxation : Une évaluation de Colour Breathing Relaxation Technique® ». Master Thesis under the supervision of Christine Mohr. 6.7.2018.

TEACHING

- Master Seminars:
 - Psychopathological evaluation: Processes and methods SS 17 + SS 18
 - University of Lausanne, Clinical Psychology. Mandatory seminar. Given together with Dr med Charles-Edouard Rengade, psychiatrist, and Sabrina Caillet-Zahler, psychotherapist, given in French, 3 ECTS
 - Stress management: Individual interventions for health promotion AS 14
 - University of Fribourg, Work and Organizational Psychology, given in German, 3 ECTS
 - Analysis of Family Stress: Concepts, methods und exercises AS 09 + 10
 - Seminar for clinical psychology students, given in German, 3 ECTS
- Bachelor Seminar:
 - Psychological Interventions: Basis und elementary skills SS 10 + 11
 - Seminar for all Bachelor students in psychology, given in German, 3 ECTS
 - Seminar "Family education" (Mandate for the Remote University of Rouen, France) AS 09
 - Seminar for Education students, given in French, 3 ECTS

ACADEMIC TRAINING (AFTER PHD)

- Organiser et développer son enseignement. Centre de soutien à l'enseignement, Université de Lausanne, 2 days June 18
- Good Clinical Practices in Research, Hôpitaux Universitaires Genève, 3 days Jan. 18
- Workshop Regard "Research budget: Construction and comprehension", 1 day Nov. 17
- Workshop "Data Management Plan for the SNSF", 1 day Sept. 17
- Workshop "Impliquer davantage les étudiant·e·s dans les séminaires », 1 afternoon
- Workshop "Daily Dyadic Diary Data Analysis" Bolger & Laurenceau, University of Zürich, 2 days January 18
- The psychology of human sexuality, Graduate seminar, University of Toronto, Prof. MacDonald SS 2016
- Open Science Framework workshop, University of Toronto, Prof. Campell, 1 day Nov. 15
- "An introduction to using intensive longitudinal data to study dyadic processes" University of Lausanne. Prof. Laurenceau & Prof. Schoebi. 2 days Oct. 14

NON-ACADEMIC TRAINING

- Introduction classes to the Rose-Method for Body work, Swiss Center of the Rosen Method November 17
- Sites Web avec WordPress August 17

AD HOC REVIEWING ACTIVITIES

- US National Science Foundation
- Archives of Sexual Behavior
- Biological Psychology
- European Journal of Social Psychology
- Journal of Family Psychology
- Journal of Happiness Studies
- Journal of Social and Personal Relationships
- Plos One
- Personal Relationships
- Personality and Social Psychology Bulletin
- Psicologia: Reflexão e Crítica
- Psychiatry Journal
- Swiss Journal of Psychology

ORGANIZATION OF CONFERENCES AND TALKS

- Invitation of Emily Impett for the Cognitive and Affect Regulation Lab (CARLA) Inauguration, "Keeping the spark alive: A communal perspective on sexuality and relationships", University of Lausanne. May 18
- "Couple relationships processes and well-being: A blessing that can turn into a curse" Symposium at the 15th SSP-SGP Conference, Geneva Sept. 17
- "Attachment style in romantic relationships: Understanding and supporting the insecure" Symposium at the IARR conference 2017, Syracuse, USA. June 17
- "Couple processes and mental health: Contribution of the couple research to clinical psychology" Symposium at the 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Bielefeld, Germany. May 16
- Invitation of a speaker for the "Lunchtime Seminar" of the Psychology Department, University of Fribourg; M. Dagan, University of Gronigen, Netherlands. Nov. 2011

MEMBERSHIPS

- IARR, International Association of Relationship Research
- SSP-SGP, Swiss Psychological Society
- European Society for Research on Internet Interventions
- Society for the Exploration of Psychotherapy Integration
- Associate member of the FADO (Family and Development Research Center, University of Lausanne)

AWARD

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

RESEARCH OUTPUT LIST

PEER-REVIEWED ARTICLES

- Horn, A. B., Samson, A., Debrot, A., & Perrez, M. (2018). Positive humor in couples as interpersonal emotion regulation: A dyadic study in everyday life on the mediating role of psychological intimacy. *In press*.
- Park, Y., Debrot, A., Spielmann, S. S., Joel, S., Impett, E., & MacDonald, G. (2018). Distinguishing dismissing from fearful attachment in the association between closeness and commitment. *Social Psychological and Personality Science*, online first publication. doi:10.1177/1948550618768823
- 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, 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, 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

- Debrot, A., Stellar, J., & Klumb, P. L. (2018). Touch as a stress-buffer in couples: An experimental study. *Manuscript submitted for publication*.
- 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*.
- Efinger, L., Debrot, A., & Pomini, V. (2017). Similarités et différences dans les processus de deuil suite à la perte d'une relation proche en fonction de la personne perdue et de la nature de la perte: Une revue de littérature. *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*.

ORAL PRESENTATIONS AT INTERNATIONAL CONFERENCES

- Debrot, A.**, Klumb, P. L., & Stellar, J. E. (2018, July). *Touch to regulate emotions: Different subjective and physiological responses to partner and stranger touch in men and women*. Paper accepted for publication at the conference of International Association for Relationship Research (IARR), Fort Collins, Colorado, USA
- Debrot, A.**, Stellar, J., MacDonald, G., Horn A. B., & Impett, E. A. (2017, September). *Touch and well-being in romantic relationships: Do avoidantly attached individuals benefit less from touch?* Paper presented at the conference of the 15th Swiss Psychological Society Conference, Lausanne, Switzerland.
- Debrot, A., Stellar, J., MacDonald, G., Horn A. B., & Impett, E. A. (2017, June). *Touch and well-being: Do avoidantly attached individuals react differently to touch?* Paper presented at the International Association for Relationship Research (IARR) 2017 conference, Syracuse, NY, USA.
- Debrot, A.**, Stellar, J., MacDonald, G., Horn A. B., & Impett, E. A. (2017, March). *Attachment insecurity diminishes the positive association of touch with well-being in couples*. Paper presented at the International Convention of Psychological Science (ICPS), Vienna, Austria.

- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D.** (2016, September). *“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, Québec City, Canada.
- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D.** (2016, July). *“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, Toronto, Canada.
- Debrot, A., Kroupi, E., & Klumb, P. L.** (2016, May). *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, Bielefeld, Germany.
- Debrot, A., & Klumb, P. L.,** (2015, June). *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. Rutgers University, New Brunswick, New Jersey (USA).
- Debrot, A., Cook, W. L., Perrez, M., & Horn, A. B.** (2013, September). *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.** (2012, July). *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., 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.

OTHER ORAL PRESENTATION

- Debrot, A.** (2018, May). *Touch to regulate emotions: Gender differences in subjective and physiological responses to partner and stranger touch.* Invited talk at the Lunchtime Seminars, Department of Psychology, University of Fribourg, Fribourg, Switzerland.
- Debrot, A.** (2018, March). *Piel a piel: Cómo el contacto físico con su pareja contribuye a su bienestar.* Oral presentation at the TEDx PuraVida, San José, Costa-Rica. tedxpuravida.org/charlas/piel-a-piel/
- Debrot, A., Salamin, V., Gothuey, I., & Kratzel, A.** (2017). *A naturalistic study of outcomes in a general psychiatry day hospital*. Invited workshop leader at the Annual meeting of the Schweizerische Gesellschaft für Psychiatrische und Psychotherapeutische Tageskliniken, Rheinfelden, Switzerland.

POSTERS

- Efinger, L., Debrot, A., & Pomini, V.** (2018, September). *Measuring heart rate variability with smart wearable sensors on bereaved people ongoing an unguided online intervention.* Poster accepted for publication at the 48th Annual Congress of the European Association for Behavioral and Cognitive Therapies, Sofia, Bulgaria.
- Debrot, A., Efinger, L., & Pomini, V.** (2018, September). *LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss.* Poster accepted for publication at the 48th Annual Congress of the European Association for Behavioral and Cognitive Therapies, Sofia, Bulgaria.
- Debrot, A., Efinger, L., Dunand, N., & Pomini, V.** (2018, April). *LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss.* Poster presented 5th European Society for Research on Internet Interventions (ESRII) conference. Dublin, Ireland.
- Debrot, A., Brodbeck, J., Berger, T., Znoj, H., & Pomini, V.** (2017, September). *LIVIA-FR: A French online therapeutic intervention for adults having difficulties to deal with the loss of their romantic partner.* Presentation at the 15th Swiss Psychological Society Conference, Lausanne, Switzerland.
- Brodbeck, J., Strub, R., Durrer, L., Biesold, N., Debrot, A., Pomini, V., Bergamaschi, V., Gsponer, D., Berger, T., Znoj, H.** (2017, September). *LIVIA: Effects of an internet-based self-help intervention for older adults after bereavement or divorce.* Presentation at the 15th Swiss Psychological Society Conference, Lausanne, Switzerland.
- Debrot, A., Meuwly, N., Muise, A., Impett, E. A., & Schoebi, D.** (2016, January). *“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). San Diego, USA.

- Debrot, A., Meuwly, N., & Schoebi, D. (2015, July). *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). 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, June). *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, February). *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, August). *Daily affectivity in young olds: The influence of the practice of yoga*. Poster session presented at the International Society for Research on Emotion (ISRE) Conference, Leuven, Belgium.
- Debrot, A., Horn, A. B., Molina, L., Perrez, M., & Reicherts, M. (2009). *Dankbarkeit und psychische Intimität bei Paaren: Akteur- 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. (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>
- 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.