

## CURRICULUM VITAE – ANIK DEBROT, PHD

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

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

### EMPLOYMENT

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- 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

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- University of Lausanne, Support for Senior “Lecturers” who received an SNF project grant Teaching substitute for one semester 12'000 CHF
- University of Lausanne, Support for Assistant professors and Senior “Lecturers” Teaching substitute for one semester to make an FNS grant proposal, SS 2018 12'000 CHF
- Swiss National Science Foundation (SNF), Early PostDoc Mobility Grant, 2015-2016 (18 months) *Sexuality and well-being in couple relationships: The effect of intimacy enhancing behaviors.* 55'000 CHF
- Swiss National Science Foundation (SNF), support for participation to the Swiss Summerschool on Methods in the Social Sciences course “*Multilevel models: practical applications*”, Sept. 10. 750 CHF

## APPROVED RESEARCH PROJECTS

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- Research Commission, Faculty of Social and Political Sciences, University of Lausanne Principal investigator  
*Touche, interaction styles and depression in couples* 2'500.- CHF
- Swiss National Science Fondation, Project funding for 4 years (2019-2022), Principal investigator, together with Valentino Pomini  
*LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss* 407'755 CHF
- Commission cantonale (VD) d'éthique de la recherche sur l'être humain: approval Principal investigator  
*LIVIA-FR: Non-controlled evaluation of a French unguided internet-based self-help intervention for adults struggling with prolonged grief symptoms after the loss of their romantic partner*
- Research Commission, Faculty of Social and Political Sciences, University of Lausanne Principal investigator  
*Touch in close relationships of Latino-American* 2'345.- CHF
- Research Commission, Faculty of Social and Political Sciences, University of Lausanne Principal investigator  
*LIVIA-FR: Online unguided intervention for bereaved and separated individuals* 4'220.- CHF
- Swiss National Science Foundation: Research support within the Early PostDoc Mobility Principal investigator  
*Touch, well-being and stress in romantic relationships: The role of attachment* 2605.- CHF
- Commission cantonale (VD) d'éthique de la recherche sur l'être humain: approval. Funding:
  - “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.- CHFTotal = 4310.- CHF
- Principal investigator  
*Touch as stress buffer: An experimental study*
- Ethic Committee of the Canton Fribourg : approval Principal investigator: Dr Virginie Salamin  
*Basis documentation of the users of two psychiatric day clinic of the Canton Fribourg*
- Ethics committee of the German Association of Psychology: approval Principal investigator: Dr Andrea Horn  
*Daily intra- and interpersonal emotion regulation in couples*

## STUDENT SUPERVISION

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- 1 PhD-student co-supervision with Prof. V. Pomini on an online intervention for people with grief symptoms, University of Lausanne currently
- 7 Master students about interpersonal touch and online interventions, University of Lausanne currently
- 4 Bachelor theses about online and grief-related psychotherapy interventions University of Lausanne 2017-19
- 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, University of Fribourg 2014-15
- 7 term papers about couple relationships, Bachelor students, University of Fribourg 2010-12

### **Finished supervised master theses:**

- Fasolin, M. & Martin, V. (2019, August). *Effet des symptômes dépressifs sur l'interprétation intrusive du toucher et la motivation au toucher dans le couple, en fonction du style d'attachement insécure* (Master thesis). University of Lausanne.
- Gervasoni, E. (2019, August). *La confrontation aux émotions dans le deuil : Etude qualitative évaluant l'écriture expressive et la pleine conscience dans un programme d'auto-soutien en ligne pour personnes en situation de deuil, séparation ou divorce* (Master thesis). University of Lausanne.
- Roy, M., & Schatzer, P. (2019, July). *LIVIA-II : Évaluation qualitative de deux modules d'une intervention d'auto-soutien non-guidée sur internet suite à une perte interpersonnelle* (Master thesis). University of Lausanne.
- Dumont, L. (2019, July). *Interpersonal touch and its benefits: Differences among U.S. Latinos and Western European Americans* (Master thesis). University of Lausanne.
- Demircan, S. (2018, August). *Relationship quality buffers the association between insecure attachment and touch motivation in romantic relationships* (Master thesis). University of Lausanne.

### **Member of master theses defense committees:**

- Ravedoni, A. (2019, July). *Lien thérapeutique et potentialisation des dynamiques conjugales : Alliance thérapeutique et We-ness de couple*. Master Thesis under the supervision of J. Darwiche, University of Lausanne.
- Piquerez, M. (2019, June). *L'influence de l'estime de soi et de la personnalité sur les stratégies de coping en contexte de harcèlement de rue*. Master Thesis under the supervision of O. Sarasin, University of Lausanne.
- Durbin, K. B. (2018, August). *A search for causality of physical affection and role of attachment styles: Does increasing physical affection lead to a better relationship, and for who?* Master Thesis under the supervision of Prof. M. S. Tollenaar, Prof. J. Karremans, and Prof. R. C. van der Wal, Leiden University.
- Perrig, A. (2018, August). *Évaluation d'un programme pilote de thérapie par internet pour le deuil*. Master Thesis under the supervision of V. Pomini, University of Lausanne.
- Tremea, I. (2018, July). *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 C. Mohr, University of Lausanne.
- Flück, D. (2018, June). *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 V. Pomini, University of Lausanne.
- Liekmeier, E., & Ronchietto, C. (2018, May). *Les interventions psychologiques validées empiriquement pour le deuil sont-elles applicables aux parents ayant perdu un enfant?* Master Thesis under the supervision of V. Pomini, University of Lausanne.
- Sole Maimone, M. & Usai, N. (2017, August). *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 Y. de Rothen, Centre Hospitalier Universitaire Vaudois.

## TEACHING

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### Post-graduated teaching

- *Modèles de gestion de l'intimité :Evaluation et intervention* SS 19  
MAS (Master of Advanced Studies) in clinical psychology, University of Geneva, in French.  
In French, one-day workshop.

### Master-level teaching:

- *Psychotherapeutical approaches to depression* AS 19-20  
University of Lausanne, Clinical Psychology, optional course-seminar, 3 ECTS
- *Psychopathological evaluation: Processes and methods* SS 17 -19  
University of Lausanne, Clinical Psychology. Mandatory seminar.  
Given together with Dr med Charles-Edouard Rengade, psychiatrist,  
Sabrina Caillet-Zahler and Diana Ortega, psychotherapists, 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-level teaching:

- *Elaboration of a research project: Psychological internet interventions* AS 18 + SS 19  
Seminar for all Bachelor students in psychology, given in French, 6 ECTS
- *Psychological Interventions: Basis und elementary skills* SS 10 + 11  
Seminar for all Bachelor students in psychology, given in German, 3 ECTS
- *Family education* AS 09  
Mandate for the Remote University of Rouen, France.  
Seminar for Education students, given in French, 3 ECTS

### AD HOC REVIEWING ACTIVITIES

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| - Archives of Sexual Behavior                  | - Personal Relationships                           |
| - Biological Psychology                        | - Personality and Social Psychology Bulletin       |
| - European Journal of Social Psychology        | - Psicologia: Reflexão e Crítica                   |
| - Journal of Nonverbal Behavior                | - Psychiatry Journal                               |
| - Journal of Family Psychology                 | - Swiss Journal of Psychology                      |
| - Journal of Happiness Studies                 | - Social Psychological and Personality Science     |
| - Journal of Social and Personal Relationships | - Perspectives on Psychological Science            |
| - Journal of Personality and Social Psychology | - Time-Sharing Experiments for the Social Sciences |
| - Plos One                                     | - US National Science Foundation                   |

### INSTITUTIONAL ENGAGEMENTS

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- Director of the CARLA laboratory Mar. 19 - ...
- Representative of the scientific collaborators (*corps intermédiaire*) 18-19  
Election committee (*commission de presentation*) for a clinical psychology professor,  
University of Lausanne
- Representative of the scientific collaborators (*corps intermédiaire*) Nov. 10  
Election committee for a clinical psychology professor, University of Fribourg
- Representative of the scientific collaborators (*corps intermédiaire*) at the Psychology Department, 09-11  
University of Fribourg

## ORGANIZATION OF CONFERENCES AND TALKS

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- Swiss Internet Interventions Day  
One-day conference at the University of Lausanne Nov. 20
- Invitation of Dr PD Eva Heim, University of Zürich, for the CARLA lab-meeting. Nov. 20
- Invitation of Prof. Geoff MacDonald, University of Toronto, for the CARLA lab-meeting  
*When good is stronger than bad: Reward and threat in the pursuit of relationships* Nov. 18
- Invitation of Dr PD Andrea B. Horn, University of Zürich, for the CARLA lab-meeting.  
*It takes two to tango: interpersonal emotion regulation and adjustment in daily life* Nov. 18
- Invitation of Prof. Dominik Schoebi, University of Fribourg, for the CALRA lab-meeting  
*Individual Emotion Dynamics and Relational Adjustment at Different Time Scales* Oct. 18
- 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
- Symposium at the 15<sup>th</sup> SSP-SGP Conference, Lausanne Sept. 17  
*Couple relationships processes and well-being: A blessing that can turn into a curse*
- Member of the Scientific Committee for the the 15<sup>th</sup> SSP-SGP Conference, Lausanne Sept. 17
- Symposium at the IARR conference 2017, Syracuse, USA June 17  
*Attachment style in romantic relationships: Understanding and supporting the insecure.*
- Symposium at the 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie  
der DGPs, Bielefeld, Germany May 16  
*Couple processes and mental health: Contribution of the couple research to clinical psychology*
- Invitation of M. Dagan, University of Gronigen, Netherlands for the “Lunchtime Seminar”  
of the Psychology Department, University of Fribourg. Nov. 2011  
*It takes two to tango – The interplay between patients’ emotional inhibition and partner’s  
responsiveness in couples’ adaptation to cancer*

## ACADEMIC TRAINING (AFTER PHD)

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- *Sensibilisation aux biais de genre dans le recrutement*, Prof. M. Schmid-Mast, Feb. 19  
Half-day workshop, University of Lausanne
- *Using the internet to provide CBT*. Pre-congress workshop, EABCT congress 2018, Sofia, Bulgaria Sept. 18  
Prof. Gerhard Andersson, 1 day
- *Organiser et développer son enseignement*. Centre de soutien à l’enseignement, June 18  
Université de Lausanne, 2 days
- *Comment publier en Open Access*. Graduate Campus, University of Lausanne, half day. April 18
- *Good Clinical Practices in Research*. Hôpitaux Universitaires Genève, 3 days Jan. 18
- *Research budget: Construction and comprehension*. Workshop Regard, 1 day Nov. 17
- *Data Management Plan for the SNSF*. Graduate Campus, University of Lausanne, 1 day Sept. 17
- *Impliquer davantage les étudiant-e-s dans les séminaires*. Centre de soutien à l’enseignement, June 17  
University of Lausanne, 1 afternoon
- *Daily Dyadic Diary Data Analysis*. Bolger & Laurenceau, University of Zürich, 2 days January 17
- *The psychology of human sexuality*. Graduate seminar, University of Toronto, Prof. MacDonald, SS 2016  
1 semester
- *Open Science Framework workshop*, University of Toronto, Prof. Campell, 1 day Nov. 15
- *An introduction to using intensive longitudinal data to study dyadic processes*. Oct. 14.  
Prof. Laurenceau & Prof. Schoebi, University of Lausanne, 2 days

#### **NON-ACADEMIC TRAINING**

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- 2<sup>e</sup> Journée romande de psychologie positive Feb. 19
- Introduction classes to the Rosen-Method for Body work, Swiss Center of the Rosen Method Nov. 17
- Sites Web avec WordPress Aug. 17
- 1<sup>e</sup> Journée romande de psychologie positive Feb. 17

#### **MEMBERSHIPS**

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- ESRII –European Society for Research on Internet Interventions
- FADO – Family and Development Research Center, University of Lausanne (Associate Member)
- IASAT – International Association for the Study of Affective Touch
- IARR – International Association of Relationship Research
- Psysolidaires
- SEPI – Society for the Exploration of Psychotherapy Integration
- SPSP – Society of Personality and Social Psychology
- SSP-SGP – Swiss Psychological Society

#### **AWARD**

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“Young Scientist Award 2013” of the Swiss Society of Psychology.

## RESEARCH OUTPUT LIST

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### PEER-REVIEWED ARTICLES

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- Horn, A. B., Samson, A. C., Debrot, A., & Perrez, M. (2019). Positive humor in couples as interpersonal emotion regulation: A dyadic study in everyday life on the mediating role of psychological intimacy. *Journal of Social and Personal Relationships, 36*, 2376–2396. doi:10.1177/0265407518788197
- Park, Y., Debrot, A., Spielmann, S. S., Joel, S., Impett, E., & MacDonald, G. (2019). Distinguishing dismissing from fearful attachment in the association between closeness and commitment. *Social Psychological and Personality Science, 10*, 563–572. doi:10.1177/1948550618768823
- Debrot, A., Siegler, S., Klumb, P. L., & Schoebi, D. (2018). Daily work stress and relationship satisfaction: Detachment affects romantic couples' interactions quality. *Journal of Happiness Studies, 19*, 2283–2301. 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

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- Debrot, A., Stellar, J., MacDonald, G., Keltner, D. & Impett, E. A. (2019). Touch and well-being in romantic relationships: Do avoidantly attached individuals benefit less from touch? *Manuscript under revision.*
- Durbin, K. B., Debrot, A., Karremans, J., & van der Wal, R. (2019). Does increased physical affection causally affect better relationship outcomes? Preliminary support from a smartphone manipulation study. *Manuscript under review.*
- Muise, A., Impett, E., Kim, J., Debrot, A., MacDonald, G. (2019). Sexual nostalgia as a response to sexual and relational “dry spells”: The role of attachment avoidance. *Manuscript under review.*
- Jakubiak, B. K., Debrot, A., Kim, J., & Impett, E. A. (2019). Approach and avoidance motives for touch are predicted by attachment and predict daily well-being. *Submitted Manuscript.*
- Joel, S., Eastwick, P. W., Allison, C. J., Arriaga, X. B., Baker, Z. G., Bar-Kalifa, E. ... Debrot, A., ... Wolf, S. (2019). What predicts romantic relationship quality? Results of 43 longitudinal couples studies. *Submitted Manuscript.*
- Debrot, A., Stellar, J., & Klumb, P. L. (2019). Touch as a stress-buffer in couples: An experimental study. *Manuscript in preparation.*
- Efinger, L., Debrot, A., & Pomini, V. (2019). LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss. *Manuscript in preparation.*
- Sarasin, O., Debrot, A., & Piquerez, M. (2019). Self-esteem and personality as predictor of coping reaction to street harassment. *Manuscript in preparation.*

- Cassepp-Borges, V., Gonçalves Teixeira, C., & **Debrot, A.** (2019, October). *O toque como preditor da satisfação com a vida e com o relacionamento*. Paper submitted for presentation at the Annual Meeting of Brazilian Society of Psychology, João Pessoa, Brazil.
- Debrot, A.**, & Pomini, V. (2019, July). *A touch that feels blue: Depression and touch in romantic relationships*. Paper presented at the International Association for Relationship Research (IARR) Mini-conference, Brighton, UK.
- Efinger, L., **Debrot, A.**, & Pomini, V. (2019, July). *LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss*. Paper presented at the International Association for Relationship Research (IARR) Mini-conference, Brighton, UK.
- Debrot, A.**, Stellar, J., MacDonald, G., Keltner, D. & Impett, E. A. (2019, February). Is touch in romantic relationships universally beneficial for well-being? Exploring the role of avoidant attachment style. In C. Carmichael (Chair), *Affectionate touch in romantic relationships: Cause, consequence, and context*. Paper presented at the Annual Convention of the Society for Personality and Social Psychology (SPSP), Portland, USA.
- 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. In A. K. Farrell & R. E. Jones (Chairs), *Close relationships as the foundation of emotion regulation*. Paper presented 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? In N. El Ghaziri & **A. Debrot** (Chairs), *Couple relationships processes and well-being: A blessing that can turn into a curse*. Paper presented at the 15<sup>th</sup> conference of the Swiss Psychological Society, 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? In **A. Debrot** (Chair), *Attachment style in romantic relationships: Understanding and supporting the insecure*. 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. In R. B. Slatcher (Chair), *Relationship Science at the Cutting Edge: Links Among Close Relationships, Health and Well-Being*. 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 Canadian Sex Research Forum (CSRF) 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.
- Horn, A. B., **Debrot, A.**, & Perrez, M. (2016, July). *Interpersonal correlates of intrapersonal rumination in daily life: Actor and partner effects on changes in psychological intimacy*. 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.**, Meuwly, N., & Schoebi, D. (2015, September). Sex and affectionate moments as emotion regulation: A daily diary study of young parents. In N. Meuwly & D. Schoebi (Chairs), *Interactions in intimate relationships: It is all about quality*. Paper presented at the Congress of the Swiss Psychological Society, Geneva, Switzerland.
- Debrot, A.**, Siegler, S., Klumb, P. L., & Schoebi, D. (2015, September). *Daily affective interpersonal consequences of psychological detachment from work: The moderating role of intimacy*. In M. E. Debus & L. L. Meier (Chairs), *Work and rest: New insights into research on job stress and recovery from work*. Paper presented at the Congress of the Swiss Psychological Society, Geneva, Switzerland.
- 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*. 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, September). *Touch as an interpersonal emotion regulation process in couples' daily lives: The mediating role of psychological intimacy*. Paper presented at the Congress of the Swiss Psychological Society, Basel, Switzerland.
- Horn, A.B., **Debrot, A.,** & Perrez, M. (2012, August). *Momentary affect and self-disclosure: Health effects in daily life*. Paper presented at the 26th Conference of the European Health Psychology Society (EHPS), Prague, Czech Republic.
- 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*. 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*. Paper presented at the International Association for Relationship Research (IARR) Conference, Herzliya, Israel.
- Horn, A.B., **Debrot, A.,** Molina, L., Reicherts, M. & Perrez, M. (2009, September). *For better, for worse: Mental health and intra- and interpersonal emotion regulation in romantic relationships*. Paper presented at the European Health Psychology Society (EHPS), Track: Stress, emotion, coping, and health. Pisa, Italy.
- Horn, A.B., **Debrot, A.,** Molina, L., Reicherts, M. & Perrez, M. (2009, August). *Daily interpersonal emotion regulation and depression in couples*. Paper presented at the 11th Congress of the Swiss Psychological Society. Neuchâtel, Switzerland
- Horn, A.B., **Debrot, A.,** Molina, L., Reicherts, M. & Perrez, M. (2009, August). Interpersonal emotion regulation and daily affect. In P. Wilhelm (Chair), *Social determinants of affective experiences in couples' daily life*. Paper presented at the International Society for Research on Emotion (ISRE) Conference, Leuven, Belgium.
- Horn, A.B., **Debrot, A.,** Molina, L., Reicherts, M. & Perrez, M. (2009, June). *For better, for worse: Interpersonal emotion regulation in couples*. Paper presented at the 1. Conference of the Society of Ambulatory Assessment in Personality and Social Psychology. Greifswald, Germany

#### OTHER ORAL PRESENTATIONS

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- Debrot, A.** (2019, April). *L'amour à fleur de peau : La science vous dit si les câlins font du bien*. Oral presentation at TEDx Fribourg. [www.youtube.com/watch?v=Jwf9Vjd8gfk](http://www.youtube.com/watch?v=Jwf9Vjd8gfk)
- Dumont, L. & **Debrot, A.** (2019, March). *Toucher, bien-être et couple : Et si les Latinos détenaient la clé ?* Lab-meeting of the Cognitive and Affective Regulation Laboratory (CARLA). University of Lausanne, Switzerland.
- Debrot, A.** & Siegrist, R. (2019, February). *Vers une intimité joyeuse: Bienfaits et outils tirés de la psychoséologie positive*. Workshop presented at the Second French-speaking Swiss Day of Positive Psychology, University of Lausanne, Switzerland.
- Fasolin, M., Ferrari, A., Heurtault, S., Martin, V. & **Debrot, A.** (2018, September). *Toucher, styles interactionnels et dépression dans le couple*. Lab-meeting of the Cognitive and Affective Regulation Laboratory (CARLA). University of Lausanne, Switzerland.
- Debrot, A.** (2018, September). *Bitte berühren*. Invited live interview on the Puls TV program of the SFR (Schweizer Radio und Fernsehen). [www.srf.ch/news/panorama/gesunde-streicheleinheiten-bitte-beruehren](http://www.srf.ch/news/panorama/gesunde-streicheleinheiten-bitte-beruehren)
- 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/](http://tedxpuravida.org/charlas/piel-a-piel/)
- Debrot, A.,** Salamin, V., Gothuey, I., & Kratzel, A. (2017, October). *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.
- Debrot, A.** (2017, February). *Ces liens qui nous unissent: L'importance de l'affection non-verbale dans le couple*. Lab-meeting of the Cognitive and Affective Regulation Laboratory (CARLA). University of Lausanne, Switzerland.

- Froidevaux, N., Campos, B., Yunusova, A., Dumont, L., and **Debrot, A.** (2019, March). *Does negative touch predict relationship quality? The moderating role of attachment anxiety.* Poster presented at the International Convention of Psychological Science (ICPS), Paris, France
- 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 presented at the 48<sup>th</sup> 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 presented at the 48<sup>th</sup> 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 at the 5<sup>th</sup> 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 15<sup>th</sup> 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 15<sup>th</sup> 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 42<sup>nd</sup> 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.
- Horn, A. B., Samson, A., **Debrot, A.**, Reicherts, M., & Perrez, M. (2010, September). *Daily use of humor as interpersonal emotion regulation: Laughing together, healthy together?* Poster presented at the 24<sup>th</sup> Annual Conference of the European Health Psychology Society (EHPS), Cluj-Napoca, Romania.
- 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, 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) 2009 Conference, Leuven, Belgium.
- Debrot, A.**, Horn, A. B., Molina, L., Perrez, M., & Reicherts, M. (2009, May). *Dankbarkeit und psychische Intimität bei Paaren: Aktor- und Partnerzusammenhänge.* Poster session presented at the 6. Workshopkongress für Klinische Psychologie und Psychotherapie, Zürich, Switzerland.
- Horn, A.B., **Debrot, A.**, Molina, L., Reicherts, M. & Perrez, M. (2009, May). *Interpersonelle Emotionsregulation und depressive Symptome bei Paaren.* Poster presented at the Workshopkongress der Fachgruppe Klinische Psychologie der DGPs. 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.

**Debrot, A.**, Horn, A.B., Molina, L., Perrez, M. & Reicherts, M. (2009, March). *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.

Horn, A.B., **Debrot, A.**, Molina, L., Reicherts, M. & Perrez, M. (2009, August). *Vermeidende intra- und interpersonelle Emotionsregulation und seelische Gesundheit*. Paper presented at the Fachgruppentagung Gesundheitspsychologie der DGPs. Zürich, Switzerland.

#### **OTHERS**

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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.