

# ANIK DEBROT, PHD

## 1. PERSONAL INFORMATION

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CH-1015 Lausanne [anik.debrot@unil.ch](mailto:anik.debrot@unil.ch) Google Scholar ID: Anik Debrot

## 2. EDUCATION

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- 05/2010 – 09/2015 **Federally recognized psychotherapist** (Cognitive-behavioral and interpersonal orientation)  
*University of Bern, Master of Advanced Studies "Postgraduate Studies of Psychotherapy"*
- 4/2008 - 10/2012 **Ph. D. in Psychology**  
*University of Fribourg, Clinical Psychology Unit*  
Thesis: "Positive relationship processes: Interpersonal emotional regulation and well-being in the daily life of romantic couples".  
Advisor: Prof. Meinrad Perrez  
Defended on October 6, 2012 with the best distinction (summa cum laude)
- 09/2002 - 03/2008 **Master of Science in Clinical Psychology**  
*University of Fribourg (bilingual French and German)*  
Minor: General and educational psychology and sociology  
Scholarship: Erasmus, Karl Ruprechts Universität Heidelberg, Germany (2003-2004)

## 3. EMPLOYMENT

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- 01/2021 to date **Tenured Lecturer (Maître d'enseignement et de recherche I)**  
*University of Lausanne, Institute of Psychology, Cognition and Affect Regulation Laboratory*
- 01/2017 to 12/2020 **Lecturer (Maître-assistante)**  
*University of Lausanne, Institute of Psychology, Cognition and Affect Regulation Laboratory*  
Supervisor: Prof. Pomini.
- 08/2015-12/2016 **SNSF-Postdoctoral fellow**  
*University of Toronto, Relationships and Well-being Lab*  
Supervisor: Prof. Impett
- 07/2015 **Lecturer (Maître-assistante)**  
*University of Fribourg, Clinical and Family Psychology*  
Supervisor: Prof. Schoebi
- 04/2014 – 06/2015 **Postdoctoral fellow** (assistante-docteure)  
*University of Fribourg, Personnel and organizational psychology*  
Supervisor: Prof. Klumb
- 06/2014 – 07/2015 **Clinical psychologist**  
*Private office of Dr Juvet, Fribourg, Switzerland*
- 05/2012 – 03/2014 **Clinical psychologist**  
*Psychiatric Day Clinic, Marsens, Switzerland*
- 10/2011 – 04/2012 **Graduate clinical internship**  
*Psychiatric Day Clinic, Fribourg, Switzerland*
- 09/2009 – 09/2011 **Assistant to the Chair**  
*University of Fribourg, Clinical Psychology Unit,*  
Supervisor: Prof. Perrez
- 06/2010 – 09/2011 **Graduate intern**  
*University of Fribourg, Psychotherapy Center, Family Institute*  
Supervisor: Dr. Schütz
- 05/2008 – 08/2009 **SNSF Research Assistant** (Project NCCR-Affective Science: Interpersonal emotion regulation)  
*University of Fribourg Clinical Psychology Unit*  
Supervisor: Prof. Perrez
- 05/2006 – 08/2008 **Student assistant**  
*University of Fribourg, Center for the Development of Tests and Diagnostics, Psychology Department*  
Supervisor: Prof. Dr Klaus-Dieter Hänsgen

#### 4. INSTITUTIONAL ACTIVITIES

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07/2021 to date	Member of the Bureau du Conseil de l'Institut de Psychologie, Université de Lausanne
03/2019 to 09/2020	Director of the CARLA laboratory (Cognitive and Affective Regulation lab) <i>University of Lausanne, Institute of Psychology</i>
08/2019	Representative of the scientific collaborators (corps intermédiaire) Election committee ( <i>commission de présentation</i> ) for a professorship position <i>University of Lausanne, Institute of Psychology</i>
11/2010	Representative of the scientific collaborators (corps intermédiaire) Election committee for a professorship position <i>University of Fribourg, Psychology Department</i>
2009- 2011	Representative of the scientific collaborators (corps intermédiaire) Psychology department council <i>University of Fribourg, Psychology Department</i>

#### 5. APPROVED RESEARCH PROJECTS

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01/2023	Affectionate touch in Latin America and Switzerland: Measurement invariance and association with well-being and depression. <i>Research Commission, Faculty of Social and Political Sciences, University of Lausanne</i> Principal investigator <u>Amount granted:</u> 1'400 CHF
07/2022	Does affectionate touch reflect trauma? A dyadic investigation of trauma type and frequency (Study 2) <i>Support à la recherche de l'Institut de Psychologie, Université de Lausanne</i> Principal investigator <u>Amount granted:</u> 1'000 CHF
06/2022	Touch as stress buffer: An experimental study – Part 2. <i>Research Commission, Faculty of Social and Political Sciences, University of Lausanne</i> Principal investigator <u>Amount granted:</u> 2'375 CHF
02/2022	LIVIA 2.0: A randomized controlled trial of two French internet intervention for adults struggling with prolonged grief symptoms after the loss of a close one (by bereavement or separation/divorce) <i>Commission cantonale (VD) d'éthique de la recherche sur l'être humain &amp; Swissmedic: Swiss Agency for Therapeutic Products</i> Sponsor-Investigator: Anik Debrot; Principal Investigator: Prof. Valentino Pomini
06/2020	Development and Validation of the Social Thermoregulation, Risk Avoidance, and Eating Questionnaire - 2 (STRAEQ-2) <i>Commission d'éthique de la recherche, Université de Lausanne</i> Principal Investigators: Mr. O. Dujols. Prof. H. R. Ijzerman, Prof. Klein
05/2020	L'amour à l'époque du COVID (Love in the time of COVID) <i>Commission d'éthique de la recherche, Université de Lausanne</i> Responsible for the French version of the project (Principal investigators: Prof. Richard Slatcher, Dr Rhonda Balzarini, Mrs Giulia Zoppolat)
03/2020	Experiences of touch in couples of depressive partners and its association with personal and relational well-being <i>Commission cantonale (VD) d'éthique de la recherche sur l'être humain</i> Principal investigator
01/2020	Élargissement de l'utilisation d'un outil d'auto-évaluation des ressources <i>Research Commission, Faculty of Social and Political Sciences, University of Lausanne</i> Principal investigator <u>Amount granted:</u> 2'400 CHF

- 09/2019 Estudio Piel a Piel: Contacto Físico en Relaciones Cercanas  
*Comité de Ética de la Investigación, Facultad de Ciencias Sociales, Universidad de Chile*  
Co-investigator (Principal investigators: Prof. Alcalde)
- 02/2019 Touch, interaction styles and depression in couples  
*Research Commission, Faculty of Social and Political Sciences, University of Lausanne*  
Principal investigator  
Amount granted: 2'500 CHF
- 10/2018 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  
*Commission cantonale (VD) d'éthique de la recherche sur l'être humain*  
Principal investigator
- 09/2018 LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss  
*Swiss National Science Foundation, Project funding for 4 years (2019-2022)*  
Principal investigator with Prof. Pomini  
Amount granted: 472'231 CHF
- 02/2018 Touch in close relationships of Latino-American  
*Research Commission, Faculty of Social and Political Sciences, University of Lausanne*  
Principal investigator  
Amount granted: 2'345 CHF
- 06/2017 LIVIA-FR: Online unguided intervention for bereaved and separated individuals  
*Research Commission, Faculty of Social and Political Sciences, University of Lausanne*  
Principal investigator  
Amount granted: 4'220 CHF
- 07/2016 Touch, well-being and stress in romantic relationships: The role of attachment  
*Swiss National Science Foundation: Research support within the Early PostDoc Mobility*  
Principal investigator  
Amount granted: 2'605 CHF
- 09/2014 Touch as stress buffer: An experimental study  
*Commission cantonale (VD) d'éthique de la recherche sur l'être humain.*  
Principal investigator  
Amount granted (total): 4'910.- CHF  
Sponsors: "Fonds d'action facultaire, Faculté des Lettres de l'Université de Fribourg", "Fonds du centenaire de l'Université de Fribourg", "Association des amis de l'Université de Fribourg", Institute of Psychology, University of Lausanne
- 02/2013 Basis documentation of the users of two psychiatric day clinic of the Canton Fribourg  
*Ethic Committee of the Canton Fribourg*  
Co-investigator (Principal investigator: Dr. Salamin)
- 09/2009 Daily intra- and interpersonal emotion regulation in couples  
*Ethics committee of the German Association of Psychology*  
Co-investigator (Principal investigator: Dr. Horn)

## 6. STUDENTS' SUPERVISION

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Current	<p><b>Co-supervisor of 2 PhD thesis with Prof. Pomini</b> <i>University of Lausanne</i> <u>Students:</u> - Maya Kheyar, co-supervision with Prof. Pomini - Elena Trentini, co-supervision with Prof. Dan Glauser</p> <p><b>Supervisor of 4 Master thesis</b> <i>University of Lausanne</i> <u>Students:</u> Ambre Horisberger, Juliette Mayrand, Dylan Monteiro, Luna Preite.</p>
01/2021 – 3/2022	<p><b>Member of the Dissertation Committee</b> <i>University of Lausanne</i> <u>Student:</u> Esther Liekmeier</p> <p><i>University of Rochester</i> <u>Student:</u> Alexandra Black (supervisor: Prof. H. Reis)</p>

- 02/2017 – to date **Supervisor of 24 Master thesis**  
*University of Lausanne*  
Students: Argelia Arestigui, Sarah Baur, Alissa Bertini-Morini, Seyda Demircan, Sabrina Didisheim, Ileana Di Vattimo Losada, Lisa Dumont, Marina Fasolin, Audrey Ferrari, Emmanuelle Freymond, Mathieu Frossard, Prisca Gerber, Elena Gervasoni, Patricia Giobbi, Sophie Heurtault, Pamela Iraci, Aurore Keim, Virginie Martin, Sabina Nölli, Maria Papadopoulou, Maria Remon Ore, Mélissa Roy, Priscilla Schatzer, Ines Thurre.
- Supervision of 4 Bachelor thesis**  
*University of Lausanne*  
Students: Liza Nahrath, Marco Ferreira, Daniel Geis, Miléna Martineau.
- Member of 21 Master thesis Defense Committees**  
*University of Lausanne, Leiden University & Centre Hospitalier Universitaire Vaudois*  
Students: Bleta Ademi (supervisor: prof. Heim), Ardiana Dacaj (supervisor: prof. Heim), Romana Bucciarelli (supervisor: prof. Dan Glauser), Mara Bruni (supervisor: prof. Dan Glauser), Michel Sfeir (supervisor: prof. Jopp), Nomi de Mertzfeld (supervisor: prof. Jopp), Sabine Ben Brahim (supervisor: Jean-Claude Métraux), Mihaela Moga (supervisor: Prof. Pomini), Isabel Cardenas Castro (supervisor: Jean-Claude Métraux), Elsa Pizzinato (supervisor: Dr. Sarrasin), Mallauri Viaud (supervisor: prof. Dan-Glauser), Anouchka Ravedoni (supervisor: Prof. Darwiche), Mélissa Piquerez (supervisor: Dr. Sarrasin), Kerem Besim Durbin (supervisor: Prof. Tollenaar), Aaricia Perrig (supervisor: Prof. Pomini), Irina Tremea (supervisor: Prof. Mohr), Dominique Flück (supervisor: Prof. Pomini), Esther Liekmeier (supervisor: Prof. Pomini), Céline Ronchietto (supervisor: Prof. Pomini), Maria Sole Maimone (supervisor: Prof. de Roten) & Natascha Usai (supervisor: Prof. de Roten).
- Supervisor of 1 CAS thesis**  
*CAS in Positive Psychology, Continuous Training UNIL-EPFL*  
Student: Ketsia DiBetta
- 01/2016 – 12/2016 **Supervision of 10 Undergraduate Student assistants**  
Students: Rebecca Whitney, Sarah Hasni, Hafsa Dar, Nicolette Stogios, Hillary Nguy, James Jung, Ayesha Asif, Soo Kim, Diana Enache & Danica Post  
*University of Toronto*
- 05/2014 – 06/2015 **Supervision of 6 Bachelor thesis**  
Students: Friederike Boek, Charlotte Grombach, Nadja Lusch, Livia Gurtner, Lital Raz & Isabelle Ryf  
*University of Fribourg*
- 01/2010 – 07/2011 **Supervision of 7 Bachelor term papers**  
Students: Anastasia Perov, Julia Klotz, Sonja Jovanovic, Sara Fiechter, Käthe Wanner, Dominique Herold & Nadja Fässler  
*University of Fribourg*

## 7. TEACHING ACTIVITIES

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- 02/2021 to date Interview attitudes and techniques in clinical intervention (in French)  
*Institute of Psychology, University of Lausanne*  
 Master optional seminar in clinical psychology, 3 ECTS (Spring Semester: 1x28 hours)
- 09/2019 to date Psychotherapeutical approaches to depression (in French)  
*Institute of Psychology, University of Lausanne*  
 Master optional seminar in clinical psychology, 3 ECTS (Autumn Semester: 1x28 hours)  
 Course evaluation: >80% satisfied or very satisfied.
- 02/2019 to date Intimacy management models: Evaluation and intervention (in French)  
*MAS (Master of Advanced Studies) in clinical psychology, University of Geneva*  
 Postgraduate teaching (1x8 hours)  
 Course evaluation: 4.8/5.
- 09/2018 to date Elaboration of a research project: Psychological internet interventions (in French)  
*Institute of Psychology, University of Lausanne*  
 Bachelor seminar for all students in psychology 6 ECTS (Annual, 1x56 hours)  
 Course evaluation: 72% satisfied or very satisfied.

6/2020	Cognitive-behavioral treatment of grief <i>MAS (Master of Advanced Studies) in cognitive and behavioral therapy, Universities of Lausanne, Geneva and Fribourg.</i> Postgraduate teaching (1x8 hours)
02/2017 – 07/2019	Psychopathological evaluation: Processes and methods (in French) <i>Institute of Psychology, University of Lausanne</i> Master mandatory seminar in clinical psychology, 3 ECTS (Spring Semester: 3x28 hours) <u>Co-teachers:</u> Dr. med. Rengade, Mrs Caillet-Zahler and Mrs Ortega
09/2014 – 01/2015	Stress management: Individual interventions for health promotion (in German) <i>University of Fribourg</i> Master course in work and organizational psychology, 3 ECTS (Autumn Semester: 1x28 hours)
09/2009 – 01/2011	Analysis of Family Stress: Concepts, methods und exercises (in German) <i>University of Fribourg</i> Master seminar for clinical psychology students, 3 ECTS (2x18 hours)
01/2010-07/2011	Psychological Interventions: Basis und elementary skills (in German) <i>University of Fribourg</i> Bachelor seminar for all students in psychology, 3 ECTS (Spring Semester, 2x28 hours)
09/2009 – 01/2010	Family education (in French) <i>Remote University of Rouen, France</i> Seminar for education students, 3 ECTS (Autumn Semester, 1x28 hours)

## 8. MEMBERSHIPS

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08/2019 – to date	Member of the International Association for the Study of Affective Touch (IASAT)
05/2019 – to date	Member of Psysolidaires
10/2017 – to date	Member of the European Society for Research on Internet Interventions (ESRII)
05/2017 – to date	Associate Member of the Family and Development Research Center (FADO)
04/2010 – to date	Member of the International Association of Relationship Research (IARR)
04/2009 – to date	Member of the Swiss Psychological Society (SSP-SGP)
05/2015 – to 2020	Member of the Society for Personality and Social Psychology

## 9. SCIENTIFIC REVIEWING ACTIVITIES

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06/2021 – to date	Member of the Editorial Board for the <i>Digital Mental Health</i> (specialty section of <i>Frontiers in Digital Health</i> and <i>Frontiers in Psychiatry</i> ).
11/2020 – to date	Member of the Commission of Clinical Psychology and Psychotherapy for the Swiss Universities (Kommission für Klinische Psychologie und Psychotherapie an Schweizer Hochschulen; KKPP)
01/2020– 12/2022	Member of the Editorial Board for the <i>Journal of Social and Personal Relationship</i>
03/2020– 11/2022	Member of the Advisory Board for the project “LEAVES, optimizing the mental health and resilience of older adults that have lost their spouse via blended, online therapy”
04/2020– 12/2021	Member of the Editorial Board for <i>Personal Relationships</i>
09/2019	Member of the Jury for the best Master thesis poster award <i>Family and development research center, University of Lausanne</i>

- 05/2012– to date Ad-Hoc Reviewer for 26 scientific journals and funding facilities:
- Archives of Sexual Behavior
  - Biological Psychology
  - Death Studies
  - Emotion
  - European Journal of Social Psychology
  - Frontiers in Computer Science
  - Frontiers in Psychiatry
  - Frontiers in Digital Health
  - Journal of Contemporary Psychotherapy
  - Journal of Family Psychology
  - Journal of Happiness Studies
  - Journal of Medical Internet Research
  - Journal of Nonverbal Behavior
  - Journal of Personality and Social Psychology
  - Journal of Social and Personal Relationships
  - Personal Relationships
  - Personality and Social Psychology Bulletin
  - Perspectives on Psychological Science
  - Plos One
  - Psicologia: Reflexão e Crítica
  - Psychiatry Journal
  - Scientific Reports
  - Swiss Journal of Psychology
  - Social Psychological and Personality Science
  - Time-Sharing Experiments for the Social Sciences
  - US National Science Foundation

Open-review articles:

- Garrido, S., Oliver, E., Chmiel, A., Doran, B., & Boydell, K. (2022). Encouraging help-seeking and engagement in a mental health app: What young people want. *Frontiers in Digital Health, 4*, Article 1045765. <https://doi.org/10.3389/fgth.2022.1045765>
- Ipakchian Askari, S., Huisman, G., Haans, A., & IJsselsteijn, W. A. (2022). Exploring views on affective haptic devices in times of COVID-19. *Frontiers in Computer Science, 4*, Article 795927, 93. <https://doi.org/10.3389/fcomp.2022.795927>
- Soydas, S., Smid, G. E., Goodfellow, B., Wilson, R., & Boelen, P. A. (2020). The UK National Homicide Therapeutic Service: A retrospective naturalistic study among 929 bereaved individuals. *Frontiers in Psychiatry, 11*, Article 878. <https://doi.org/10.3389/fpsy.2020.00878>

## 10. ORGANIZATION OF CONFERENCES AND TALKS

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- 01/2023 Member of the reviewing panel for the EASP 2023 Conference
- 09/2020 to date **Member of the Future Conferences Committee of the International Association for Relationship Research (IARR)**
- 03/2022 **Member of the reviewing panel for the IARR 2022 Online Conference**
- 01/2020 Invitation of Dr. C. Killykelly, University of Zürich  
 “Prolonged Grief Disorder for the ICD-11: Opportunities and challenges”  
*Cognitive and Affect Regulation Lab-meeting, University of Lausanne*
- 11/2019 **Organizer of the Swiss Internet Interventions Day**  
*University of Lausanne*  
<https://wp.unil.ch/siid2019/>
- 11/2019 Invitation of Dr. PD E. Heim, University of Zürich  
 “Cultural adaptation of internet interventions: From the conceptual model to empirical research”  
*Cognitive and Affect Regulation Lab-meeting, University of Lausanne*
- 11/2018 Invitation of Prof. G. MacDonald, University of Toronto  
 “When good is stronger than bad: Reward and threat in the pursuit of relationships”  
*Cognitive and Affect Regulation Lab-meeting, University of Lausanne*
- 11/2018 Invitation of Dr PD A. B. Horn, University of Zürich, for the CARLA lab-meeting  
*It takes two to tango: interpersonal emotion regulation and adjustment in daily life*  
*Cognitive and Affect Regulation Lab-meeting, University of Lausanne*
- 10/2018 Invitation of Prof. D. Schoebi, University of Fribourg  
*Individual Emotion Dynamics and Relational Adjustment at Different Time Scales*  
*Cognitive and Affect Regulation Lab-meeting, University of Lausanne*
- 05/2018 Invitation of Prof. E. Impett, University of Toronto  
 “Keeping the spark alive: A communal perspective on sexuality and relationships”  
*Inauguration of the Cognitive and Affect Regulation Lab (CARLA), University of Lausanne*

- 09/2017 **Member of the Scientific Committee for the the15<sup>th</sup> SSP-SGP Conference**  
*University of Lausanne*
- 11/2011 Invitation of M. Dagan, University of Gronigen, Netherlands  
"It takes two to tango – The interplay between patients' emotional inhibition and partner's responsiveness in couples' adaptation to cancer"  
"Lunchtime Seminar" of the Psychology Department, University of Fribourg

## 11. AWARD, FELLOWSHIPS & SUPPORT

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- 09/2019 Teaching substitute grant for one semester (Spring 2020)  
Support for "Lecturers" who received an SNF project grant  
*University of Lausanne*  
Amount granted: 12'000 CHF
- 12/2017 Teaching substitute grant for one semester (Spring 2018)  
Support for "Lecturers" who apply for a SNF grant  
*University of Lausanne*  
Amount granted: 12'000 CHF
- 05/2015 **Early PostDoc Mobility Grant, 2015-2016 (18 months)**  
Project "Sexuality and well-being in couple relationships: The effect of intimacy enhancing behaviors"  
*Swiss National Science Foundation (SNF)*  
Amount granted: 55'000 CHF.
- 09/2013 **Young Scientist Award 2013 of the Swiss Society of Psychology**  
Based on the submission: 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. <https://doi.org/10.1037/a0028666>
- 09/2010 Support for participation to the Swiss Summer school on Methods in the Social Sciences  
"Multilevel models: practical applications"  
*Swiss National Science Foundation (SNF)*  
Amount granted: 750 CHF

## 12. CONTINUOUS TRAINING (AFTER PHD)

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- 11/2022 Comment monter une équipe de recherche? B. Guichard  
REGARD, University of Fribourg, (8 hours)
- 02/2020 Project management for successful researchers, Dr. Carine Galli Marxer  
REGARD, University of Fribourg (16 hours)
- 11/2019 Supervisor ses doctorant·e·s, Prof. D. Philippe & Dr. M. Bosson  
*Graduate Campus, University of Lausanne (4 hours)*
- 09/2018 – 03/2019 PROWD – PROfessional Women with Doctorates  
6-month workshops and mentoring program  
Equal Opportunities Office, University of Lausanne
- 05/2019 Teaching Philosophy Statement: What, why and how? M. Antille  
*Graduate Campus, University of Lausanne (4 hours)*
- 02/2019 Sensibilisation aux biais de genre dans le recrutement, Prof. M. Schmid-Mast  
*University of Lausanne (4 hours)*
- 02/2019 2<sup>ème</sup> Journée romande de psychologie positive  
*University of Lausanne (8 hours)*
- 09/2018 Using the internet to provide CBT, Prof. Gerhard Andersson  
Pre-congress workshop  
*EABCT congress 2018, Sofia, Bulgaria (8 hours)*
- 06/2018 Organiser et développer son enseignement  
*Centre de soutien à l'enseignement, Université de Lausanne (16 hours)*
- 04/2018 Comment publier en Open Access  
*Graduate Campus, University of Lausanne (4 hours)*

01/2018	Good Clinical Practices in Research <i>Hôpitaux Universitaires Genève (24 hours)</i>
11/2017	Research budget: Construction and comprehension REGARD, University of Lausanne (8 hours)
11/2017	Introduction classes to the Rosen-Method for Body work Swiss Center of the Rosen Method (16 hours)
09/2017	Data Management Plan for the SNSF <i>Graduate Campus, University of Lausanne (8 hours)</i>
08/2017	Site Web avec Word Press <i>Pascal Weber, University of Lausanne (4 hours)</i>
06/2017	Impliquer davantage les étudiant-e-s dans les séminaires <i>Centre de soutien à l'enseignement, University of Lausanne (4 hours)</i>
02/2017	1 <sup>ère</sup> Journée romande de psychologie positive <i>University of Lausanne (8 hours)</i>
01/2017	Daily Dyadic Diary Data Analysis. Bolger & Laurenceau, University of Zürich, 2 days
01-05/2016	The psychology of human sexuality, Prof. MacDonald (graduate seminar) <i>University of Toronto (28 hours)</i>
1/2015	Open Science Framework workshop, Prof. Campell <i>University of Toronto (8 hours)</i>
10/2014	Introduction to using intensive longitudinal data to study dyadic processes, Prof. Laurenceau & Prof. Schoebi <i>University of Lausanne (8 hours)</i>

### **13. PERSONAL COMPETENCES**

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Language Skills	Fluent (spoken and written): French, Spanish, English, and German.
Digital Skills	Good skills: MS Office (Word, Excel, PowerPoint, etc.), SPSS, MPlus, AMOS, MLwiN, and GPower Basic skills: R

### **14. REFERENCES**

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Prof. Dominik Schoebi, University of Fribourg. Tel: +41 26 300 7470. E-Mail: [dominik.schoebi@unifr.ch](mailto:dominik.schoebi@unifr.ch)

Prof. Emily Impett, University of Toronto. Tel: +1 905-560-4632. E-Mail: [emily.impett@utoronto.ca](mailto:emily.impett@utoronto.ca)

Prof. Valentino Pomini, University of Lausanne. Tel: +41 21 692 32 77. E-Mail: [valentino.pomini@unil.ch](mailto:valentino.pomini@unil.ch)



## RESEARCH OUTPUT LIST

### 1. PEER-REVIEWED ARTICLES

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- Debrot, A., Klumb, P. L., Dan Glauser, E., & Stellar, J. E. (in press). Touch as a stress buffer? Gender differences in subjective and physiological responses to partner and stranger touch. *Journal of Nonverbal Behavior*
- Tavares, I. M., Brandelli, Y., Dawson, S. J., Impett, E., Debrot, A. & Rosen, N. O. (2024). Connecting through touch: Attitudes toward touch in pregnancy are associated with couples' sexual and affectionate behaviors across the transition to parenthood. *Journal of Social and Personal Relationships*. Advance online publication. <https://doi.org/10.1177/02654075241232704>
- Debrot, A.\*, Rochat, S.\*, del Río Carral, M., Gerber, P., Sarrasin, O., & Brodard, F. (2024). Accounts of interpersonal touch in female victims of intimate partner violence: A qualitative study. *Journal of Social and Personal Relationships*. Advance online publication. <https://doi.org/10.1177/02654075241231302>  
\* The first two authors contributed equally to this work and are listed alphabetically by last name.
- Correia, J., Debrot, A., & Garthus-Niegel, S. (2023). Integrating positive psychology perspectives to support parents in their transition to parenthood: A vision for future research. *Journal of Reproductive and Infant Psychology*, 41(3), 257–259. <https://doi.org/10.1080/02646838.2023.2212576>
- Berthoud, L., Kheyar, M., Efinger, L., Pomini, V., Correia, J., & Debrot, A. (2023). The evolution of research procedures for Internet-based interventions in Switzerland: Challenges and recommendations. *Swiss Psychology Open*, 3(1), Article 5. <https://doi.org/10.5334/spo.52>
- Floyd, K., Debrot, A., Horan, S. M., Hesse, C., & Woo, N. T. (2023). Affectionate communication, health, and relationships. *Personal Relationships*, 30(1), 44–75. <https://doi.org/10.1111/pere.12444>
- Balzarini, R. N., Muise, A., Zoppolat, G., Di Bartolomeo, A., Rodrigues, D. L., Alonso-Ferres, M., Urganci, B., Debrot, A., Bock Pichayayothin, N., Dharma, C., Chi, P., Karremans, J. C., Schoebi, D., & Slatcher, R. B. (2023). Love in the Time of COVID: Perceived partner responsiveness buffers people from lower relationship quality associated with COVID -related stressors. *Social Psychological and Personality Science*, 14(3), 342–355. <https://doi.org/10.1177/19485506221094437>
- Efinger, L., Debrot, A., & Pomini, V. (2022). LIVIA-FR : Implémentation et évaluation d'une intervention par Internet pour des personnes francophones peinant à surmonter la perte de leur partenaire. *Annales Médico-Psychologiques*, 180(10), 1000–1007. <https://doi.org/10.1016/j.amp.2021.05.004>
- Teixeira e Silva, C., Cassepp-Borges, V., & Debrot, A. (2022). Toque e sua relação com bem-estar e satisfação com a vida/Touch and its relationship with well-being and satisfaction with life. *Pensando Famílias*, 26(1), 179–188.
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- Debro, 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. <https://doi.org/10.1037/a0028666>

## 2. ORAL PRESENTATIONS AT INTERNATIONAL CONFERENCES

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- Debro, A., Kheyar, M., Efinger, L., Berthoud, L., & Pomini, V. (2023, July). Accompagner le deuil : Un essai randomisé contrôlé comparant deux interventions par Internet en français. In V. Fournier & K. Lamore (Chairs). *Interventions digitales : Quelle efficacité et quelle méthodologie utiliser ?* Paper presented at the 12<sup>ème</sup> Congrès de l'Association Francophone de la Psychologie de la Santé (AFPSA), Montpellier, France.
- Debro, A., Stellar, J. E., Dan Glauser, E., & Klump, P. L. (2023, June). Touch as a stress buffer? Gender differences in subjective and physiological responses to partner and stranger touch. In E. Dan-Glauser (Chair). *Experiential and physiological consequences of social presence and interaction settings*. Paper presented at the 21st World Congress of Psychophysiology, Geneva, Switzerland.
- Tavares, I. M., Brandelli, Y., Dawson, S. J., Impett, E., Debro, A., & Rosen, N. O. (2023, May). *The silent power of touch: Attitudes toward touch are linked to couples' sexual and affectionate behaviors across the transition to*

- parenthood*. Paper presented at the Society for Sex Therapy and Research (SSTAR) 48th Annual Meeting, Tampa, USA.
- Kheyar, M., Pomini, V., Efinger, L., Berthoud, L., & Debrot, A. (2022, September). Focus on identity processes involved in a French internet intervention for people struggling with the loss of a closed one. In A. Debrot (Chair), *Internet psychological interventions: Innovation and challenges of the 2020s*. Paper presented at the 17<sup>th</sup> conference of the Swiss Psychological Society, Zürich, Switzerland.
- Dujols, O., Klein, R. A., Lindenberg, S., STRAEQ-2 team (167 authors, incl. Debrot, A.), & IJzerman, H. (2022, August). *Development and Validation of the Social Thermoregulation, Risk Avoidance, and Eating Questionnaire*. Paper presented at the 2022 European Social Cognition Network (ESCON) Transfer of Knowledge Conference, Milano, Italy.
- Debrot, A., Antonietti, J.-P., Wilson Alcalde, J. E., Cassepp-Borges, V., Sánchez Aragón, R., Nina Estrella, R., Navia Arroyo, C. E., Campos, B., & Heim, E. (2022, August). Affectionate touch in Latin America and Switzerland: Measurement invariance and association with well-being and depression. In R. Granderson (Chair), *Affectionate Touch: Investigating Context, Methods, and Theory*. Paper presented at the 2022 International Association for Relationship Research (IARR) Virtual Conference.
- Kheyar, M., Pomini, V., Debrot, A. (2022, May). *Les souvenirs et les projections futures définissant le soi chez des personnes ayant des difficultés à gérer la perte d'une personne proche*. In J. Billieux & A. Giardina (Chairs). Perception du temps et projections futures. Paper presented at the Colloque 2022 du Groupe de Réflexion en Psychopathologie Cognitive (Grepaco), Lausanne, Switzerland.
- Durbin, K. B., Ergun, T. D., Buyukcan-Tetik, A., & Debrot, A. (2022, May). *Does affectionate touch reflect trauma? Dyadic associations between trauma exposure and touch in romantic couple*. Paper presented at the 2022 EASP-IARR Joint Virtual Symposium.
- Debrot, A., Tissières, I., Balzarini, R., Zoppolat, G., Kheyar, M., & Slatcher, R. (2021, September). Do only the rich get richer? The benefits of affectionate touch as a function of relationship quality in the times of COVID. In F. Meier (Chair), *Expanding the view of healthy development: Adaptation to stress and well-being of individuals, couples, and children*. Paper presented at the Congress of the European Association for Behavioral and Cognitive Therapies (EABCT), Belfast, Ireland.
- Debrot, A., Carmichael, C. & Pomini, V. (2021, August). Affectionate touch avoidant attachment, and depression. In A. Debrot (Chair), *Clinically relevant resilience and risk factors for couples: Insights from diverse methodological perspectives*. Paper presented at the International Association for Relationship Research (IARR) Virtual Conference.
- Efinger, L., Debrot, A., & Pomini, V. (2021, July). *Évaluation d'une e-intervention pour les personnes ayant des difficultés à surmonter la perte du conjoint*. Paper presented at the 11<sup>e</sup> congrès de l'Association Francophone de Psychologie de la Santé (AFPSA), Paris, France.
- Berthoud, L., Efinger, L., Kheyar, M., Debrot, A., & Pomini, V. (2021, June). Dealing with interpersonal loss: The case of a French-speaking internet-based intervention. In V. Pomini (Chair), *Healing psychological distress through new technology-based interventions*. Paper presented at the Society for the Exploration of Psychotherapy Integration (SEPI) 37<sup>th</sup> Annual Meeting, Virtual Format.
- Cassepp-Borges, V., Gonçalves Teixeira, C., & Debrot, A. (2019, October). *O toque como preditor da satisfação com a vida e com o relacionamento*. Paper presented at the Annual Meeting of Brazilian Society of Psychology, João Pessoa, Brazil.
- Efinger, L., Debrot, A., & Pomini, V. (2019, September). *An online unguided French-speaking intervention for bereaved or separated people: Results from a pilot study*. Paper presented at the Society for Psychotherapy Research 5<sup>th</sup> joint European & UK Chapters conference, Krakow, Poland.
- Efinger, L., Debrot, A., & Pomini, V. (2019, September). LIVIA-FR: An online unguided intervention for people struggling with interpersonal loss. In M. Ghassemi, M. Neysari & A. Horn, (Chairs), *Affective interdependence: Your outcomes shape my experience*. Paper presented at the 16<sup>th</sup> conference of the Swiss Psychological Society, Bern, Switzerland.
- 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. In A. B. Horn & A. Debrot, *Paarprozesse und psychische Gesundheit: Beiträge der Paarforschung zur Klinischen Psychologie*. 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

### 3. POSTERS PRESENTATIONS AT INTERNATIONAL CONFERENCES

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- Tavares, I. M., Brandelli, Y., Dawson, S. J., Impett, E., Debrot, A., & Rosen, N. O. (2023, August 7-10). *Connecting through touch: Prenatal touch attitudes are associated with couples' sexual and affectionate behaviors across the transition to parenthood*. Poster presented at the 49th Annual Meeting of the International Academy of Sex Research, Montréal, Canada.
- Efinger, L., Kheyar, M., Berthoud, L., Pomini, V., Wicki, R., & Debrot, A. (2023, May). *Coping with the Loss of a Partner: An Internet-Based Intervention Study Targeting French-Speaking Individuals*. Poster presented at the International Association for Relationship Research (IARR) mini-conference, Tempe, AZ, USA.
- Kheyar, M., Debrot, A., Efinger, L., Berthoud, L. & Pomini, V. (2022, January). *Une e-intervention centrée sur la mémoire autobiographique pour les difficultés liées à une perte interpersonnelle*. Poster presented at the 20<sup>e</sup> congrès de l'Encéphale, Paris, France.
- Debrot, A., Efinger, L., Kheyar, M., Berthoud, L. & Pomini, V. (2022, January). *Soutenir les deuils difficiles en ligne : Etude-pilote et perspectives*. Poster presented at the 20<sup>e</sup> congrès de l'Encéphale, Paris, France.
- Kheyar, M., Debrot, A., Efinger, L., Berthoud, L. & Pomini, V. (2021, July). *Une e-intervention centrée sur la mémoire autobiographique pour les difficultés liées à une perte interpersonnelle*. Poster presented at the 11<sup>e</sup> congrès de l'Association Francophone de Psychologie de la Santé (AFPSA), Paris, France.
- Ergun, D., Buyukcan-Tetik, A., & Debrot, A. (2021, May). *Touching the grief: Does affectionate touch protect intimacy in bereaved parents?* Poster presented at the 2021 Association for Psychological Science Virtual Convention.
- Debrot, A., Efinger, L., Kheyar, M., Berthoud, L. & Pomini, V. (2020, July). *Enhancing the efficacy and adherence rate of a French unguided internet intervention for people struggling with the death of or separation from a loved one*. Poster presented at the 28<sup>th</sup> European Congress of Psychiatry, Madrid, Spain.
- Efinger, L., Debrot, A., & Pomini, V. (2020, July). *Testing the feasibility and efficacy of an unguided internet intervention for people who struggle to overcome the loss of a significant one*. Poster presented at the 28<sup>th</sup> European Congress of Psychiatry, Madrid, Spain.
- 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: Akteur- 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.

#### 4. OUTREACH ACTIVITIES

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- Debrot, A. (2023, September). *Affectionate touch in couples: A universal pathway to relationship and personal happiness?* Paper presented at the Sexual Health Alliance Online Conference: The Science Behind Relationships: Understanding Attachment, Infidelity & Dissolution.
- Debrot, A., Kheyar, M., Efinger, L., Berthoud, L. & Pomini, V. (2023, June). *Soutenir les personnes ayant perdu un proche par deuil ou séparation : Un essai contrôlé randomisé comparant deux interventions Internet en français.* Paper presented at the Service de psychiatrie communautaire (PCO) of the Centre Hospitalier Universitaire Vaudois (CHUV), Switzerland.
- Debrot, A., Kheyar, M., Efinger, L., Berthoud, L. & Pomini, V. (2023, June). *Supporting people having lost a close person by bereavement or separation: A randomized controlled trial comparing two French-language Internet interventions.* Paper presented at the LIVES Day, University of Lausanne, Switzerland.
- Debrot, A. (2023, May). *L'affection physique dans les relations de couple : Un lien universel avec le bien-être?* Paper presented at Lab-meeting of the Laboratory of Social Psychology (UNILAPS), Institute of Psychology, University of Lausanne, Switzerland.
- Debrot, A., Kheyar, M., & Pomini, V. (2022, April). *LIVIA-FR: Enjeux éthiques (et administratifs) pour un essai clinique testant une intervention psychologique par internet.* Paper presented at the Journée de la recherche de la Faculté des Sciences Sociales et Politiques, University of Lausanne, Switzerland.
- Debrot, A., Efinger, L., Kheyar, M., Berthoud, L. & Pomini, V. (2019, November). *LIVIA-FR: Two French unguided interventions for people struggling with interpersonal loss.* Paper presented at the Swiss Internet Intervention Day, University of Lausanne, Switzerland.
- Debrot, A. (2019, April). *L'amour à fleur de peau : La science vous dit si les câlins font du bien [Video].* TEDx Fribourg conference. [www.youtube.com/watch?v=Jwf9Vjd8gfk](https://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, 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 [Video].* TEDx PuraVida, Costa-Rica. [tedxpuravida.org/charlas/piel-a-piel/](https://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.

#### 5. SELECTION OF MEDIA MENTIONS

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- Baumgartner, K. (2020, February 13). Et la tendresse bordel ! [TV interview]. *Fribourg fait maison – La Télé.* <https://latele.ch/emissions/fribourg-fait-maison/fribourg-fait-maison-s-2020-e-5?s=2>
- Biber, P. (2018, September 3). Bitte berühren [TV interview]. *Puls - SFR (Schweizer Radio und Fernsehen).* [www.srf.ch/news/panorama/gesunde-streicheleinheiten-bitte-beruehren](https://www.srf.ch/news/panorama/gesunde-streicheleinheiten-bitte-beruehren)
- Délétröz, S. (2019, April, 9). Le développement des thérapies psychologiques en ligne [Radio Interview]. *CQFD – RTS La 1ere.* <https://www.rts.ch/play/radio>

- Dépraz, C. (2020, March 27). Quand on ne peut plus se toucher [Audio podcast]. *La vie aux temps du coronavirus*. <https://www.rts.ch/play/radio/la-vie-aux-temps-du-coronavirus/audio/episode-6--quand-on-ne-peut-plus-toucher?id=11200275>
- Dubin, L. (2019, October 30). Instagram se réinvente en thérapeute du cœur. *Le Temps*. <https://www.letemps.ch/societe/instagram-se-reinvente-therapeute-coeur>
- Ferrari, P. (2020, March 28). Le coronavirus chamboule même les derniers adieux. *Le Nouvelliste*. <https://www.lenouvelliste.ch/dossiers/coronavirus/articles/le-coronavirus-chamboule-meme-les-derniers-adioux-923098>
- Hammond, C. (2017, March 9). Why does sex make us happy? *Health Check – BBC News World Service*. <https://www.bbc.co.uk/programmes/p04wb1sx>
- Irmer, J. (2015, January 28). So erzeugt unser Nervensystem wohlige Gefühle. *Aargauer Zeitung*. <https://www.aargauerzeitung.ch/leben/gesundheit/so-erzeugt-unser-nervensystem-wohlige-gefuehle-128775000>
- LaMotte, S. (2017, May 25). Want more affection in your relationship? Have more sex. *CNN Health*. <https://edition.cnn.com/2017/05/25/health/sex-affection-couple-study/index.html>
- Moses, S. (2017, July 12). Why sex is good for you. *Love matters*. <https://lovematters.in/en/making-love/why-sex-is-good-for-you>
- Rodriguez, I. (2018, March 26). Parejas que se besan, abrazan y acarician alcanzan mayor bienestar. *La Nación Costa-Rica*. <https://www.nacion.com/ciencia/salud/parejas-que-se-besan-abrazan-y-acarician-alcanzan/GEY7FIK5PZHRDBPHLAZ7QDHCGY/story/>
- Théraulaz, Y. (2018, September 2019). Du coaching en ligne pour surmonter le deuil. *24 Heures*. <https://www.24heures.ch/vaud-regions/Du-coaching-en-ligne-pour-surmonter-le-deuil/story/27817367>
- Wieselberg, T. (2017, March 31). Warum Sex glücklich macht. *Science ORF.at*. <https://science.orf.at/v2/stories/2834057/>

## 6. OTHER PUBLICATIONS

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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. <https://doi.org/10.1026/1616-3443/a000084>