

Curriculum Vitae

Dr. phil. dipl. psych. Marie Roxanne Sopp

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PERSONAL DETAILS

Date of birth: 05.04.1989, Langen (Hessen)
Nationality: German
Marital Status: Married

RESEARCH INTERESTS

Sleep and memory, PTSD, Trauma and memory, Cognitive control and PTSD

CURRENT PROJECT

Habilitation project Trauma, sleep and memory: The role of sleep-dependent consolidation in symptom development after trauma

EDUCATION

11/2017 **SAARLAND UNIVERSITY, SAARBRÜCKEN (GERMANY)**
PhD in Psychology
Title of the dissertation: *“The contributions of sleep-related consolidation to emotional item and associative memory”* (Supervisors: Prof. Dr. Axel Mecklinger and Prof. Dr. Tanja Michael)

Since 04/2017 **INSTITUTE FOR POSTGRADUATE STUDIES IN PSYCHOTHERAPY, SAARBRÜCKEN (GERMANY)**
Postgraduate Training in Psychotherapy (Cognitive behavioral therapy)

03/2014 **UNIVERSITY OF KOBLENZ-LANDAU, LANDAU (GERMANY)**
Diploma (German equivalent to MSc) in Psychology (overall grade: 1.0)

MAJOR SUBJECTS:
Clinical Psychology
Educational/Instructional Psychology

MINOR SUBJECT:
Work and Organizational Psychology

09/2012 – 02/2013 **UNIVERSITY OF TUEBINGEN, TUEBINGEN (GERMANY)**
Diploma Thesis *“Wirkt sich Schläfrigkeit auf die Bereitschaft zu aggressiven Verhaltensweisen aus? -Ein integratives Modell über den Einfluss schlafbezogener Aspekte auf die selbstwahrgenommene Aggressivität”* [Does sleepiness influence the readiness towards aggressive behaviour? – An integrative model of sleep-related effects on self-perceived aggression] (Supervisors: Prof. Dr. Angelika Schlarb and Prof. Dr. Martin Hautzinger)

10/2008 – 03/2014 **UNIVERSITY OF KOBLENZ-LANDAU, LANDAU (GERMANY)**
Psychology student

ACADEMIC EMPLOYMENT

- 04/2021-12/2021 **BAR-ILAN UNIVERSITY, RAMAT GAN (ISRAEL)**
Postdoctoral researcher, Trauma, Coping & Growth Lab (Head: Dr. Einat Levy-Gigi),
Department of Education
- 10/2017-03/2021 **SAARLAND UNIVERSITY, SAARBRUECKEN (GERMANY)**
Postdoctoral researcher, Division for Clinical Psychology and Psychotherapy (Head: Prof.
Dr. Tanja Michael), Department of Psychology
- 05/2014-10/2017 **SAARLAND UNIVERSITY, SAARBRUECKEN (GERMANY)**
PhD student with the International Research Training Group (IRTG) "Adaptive Minds:
Neural and environmental constraints on learning and memory" (IRTG 1457, funded by
the German Research Foundation) in a collaboration project between the Division for
Clinical Psychology and Psychotherapy (Head: Prof. Dr. Tanja Michael) and the
Experimental Neuropsychology Unit (Head: Prof. Dr. Axel Mecklinger)
- 02/2013 – 01/2014 **UNIVERSITY OF TUEBINGEN, TUEBINGEN (GERMANY)**
Student research assistant with the research group "Clinical Psychology and
Psychotherapy"

FUNDING AND GRANTS

- 04/2021 **POSTDOCTORAL SCHOLARSHIP FROM THE GERMAN ACADEMIC EXCHANGE SERVICE (DAAD)**
Project: "The impact of repeated traumatic exposure on PTSD symptoms: Are cognitive
and emotion regulation flexibility moderators of the association?" (2021)
Total funds: 23 526 €
- 02/2020 **START-UP FUNDING FROM SAARLAND UNIVERSITY**
Project: "The influence of sleep-directed hypnotherapy on extinction memory:
Investigating a complementary intervention for the treatment of post-traumatic stress
disorder." (2020 - 2021)
Total funds: 8 612 €
- 11/2018 **EARLY CAREER RESEARCH GRANT FROM THE GERMAN SLEEP RESEARCH SOCIETY**
Project: "Influence of sleep and circadian rhythms on treatment effects of exposure
therapy" (2018 - 2019)
Total funds: 4 980 €
- 09/2018 **PROJECT FUNDING FROM THE GERMAN RESEARCH FOUNDATION**
Project: "Cognitive behavioral therapy for Insomnia as an adjunct treatment option for
posttraumatic stress disorder" (SO 1716/1-1; 2018 – 2021)
Total funds: 214 469 €
- 07/2018 **TRAVEL GRANT FROM THE GERMAN SPEAKING SOCIETY FOR PSYCHOTRAUMATOLOGY**
Grant to attend the autumnschool for early career researchers in trauma research (October
2018)
- 02/2018 **START-UP FUNDING FROM SAARLAND UNIVERSITY**
Project: "The influence of sleep on implicit and explicit trauma memory" (2017 - 2018)
Total funds: 14 000 €

AD HOC REVIEWS

European Journal of Psychotraumatology; Behavior Research and Therapy; Biological Psychology; Neurobiology of Learning and Memory; Scientific Reports; Quarterly Journal of Experimental Psychology; International Journal of Psychophysiology; Memory; Child, Abuse & Neglect; Journal of Affective Disorders; Journal of Sleep Research; European Psychologist; Clinical Psychology & Psychotherapy; Journal of Behavior Therapy and Experimental Psychiatry

TEACHING

- Bachelor Seminar „Cognition, Learning, and Development“: Sleep in different mental disorders
- Bachelor Seminar “Practical training in empirical research”
- Master Seminar „Diagnostic Process“: Sleep disorders
- Bachelor Seminar „Diagnostics and Counseling“: Theory and practice of diagnosing sleep disorders

MEMBERSHIPS

Association for Psychological Science (APS), German Sleep Research Society (DGSM), German speaking Society for Psychotraumatology (DeGPT)

PUBLICATIONS

PREPRINTS

Schäfer, S., **Sopp, M.R.**, Koch, M., Görnitz, A. S., & Michael, T. (2021). The Long-Term Buffering Effect of Sense of Coherence on Psychopathological Symptoms During the COVID-19 Pandemic: Findings from a Prospective Observational Study. *OSF preprints*. <https://doi.org/10.31219/osf.io/4sb3j>

Sopp, M.R., Haim-Nachum, S., Wirth, B. E., Bonanno, G. A., & Levy-Gigi, E. (2021). Leaving the Door Open: Trauma, Updating, and the Development of PTSD Symptoms. *OSF preprints*. <https://doi.org/10.31219/osf.io/u65yr>

Sopp, M. R., Michael, T., Lass-Hennemann, J., Haim-Nachum, S., & Lommen, M. J. (2021). Longitudinal Associations between Hair Cortisol, PTSD Symptoms, and Sleep Disturbances in a Sample of Firefighters with Duty-related Trauma Exposure. *medRxiv*. <https://doi.org/10.1101/2021.08.22.21262402>

PEER-REVIEW ARTICLES

Haim-Nachum, S., **Sopp, M. R.**, Michael, T., Shamay-Tsoory, S., & Levy-Gigi, E. (2021). No distance is too far between friends: associations of comfortable interpersonal distance with PTSD and anxiety symptoms in Israeli firefighters. *European Journal of Psychotraumatology*, 12(1), 1899480. <https://doi.org/10.1080/20008198.2021.1899480>

Sopp, M. R., Streb, M., Brueckner, A. H., Schäfer, S. K., Lass-Hennemann, J., Mecklinger, A., & Michael, T. (2021). Prospective associations between intelligence, working memory capacity, and intrusive memories of a traumatic film: Potential mediating effects of rumination and memory disorganization. *Journal of Behavior Therapy and Experimental Psychiatry*, 70, 101611. <https://doi.org/10.1016/j.jbtep.2020.101611>

Sopp, M. R., Friesen, E., Schäfer, S. K., Brueckner, A. H., Wirth, B. E., Weber, J., ... & Michael, T. (2021). Wakefulness impairs selective consolidation of relevant trauma-associated memories resulting in more frequent intrusions. *Behaviour Research and Therapy*, 136, 103776. <https://doi.org/10.1016/j.brat.2020.103776>

Schäfer, S. K., **Sopp, M. R.**, Staginnus, M., Lass-Hennemann, J., & Michael, T. (2020). Correlates of mental health in occupations at risk for traumatization: a cross-sectional study. *BMC psychiatry*, 20(1), 1-14. <https://doi.org/10.1186/s12888-020-02704-y>

Schäfer, S. K., Schanz, C. G., **Sopp, M. R.**, Lass-Hennemann, J., Käfer, M., & Michael, T. (2020). Pre-Rehabilitation Sense of Coherence as a Predictor of Symptom Change During Rehabilitation. *Stress and Health*. <https://doi.org/10.1002/smi.2949>

Schäfer, S. K., **Sopp, M. R.**, Schanz, C. G., Staginnus, M., Göritz, A. S., & Michael, T. (2020). Impact of COVID-19 on public mental health and the buffering effect of a sense of coherence. *Psychotherapy and Psychosomatics*, 89(6), 386-392. <https://doi.org/10.1159/000510752>

Lass-Hennemann, J., Schäfer, S. K., **Sopp, M. R.**, & Michael, T. (2020). The relationship between dog ownership, psychopathological symptoms and health-benefitting factors in occupations at risk for traumatization. *International journal of environmental research and public health*, 17(7), 2562. <https://doi.org/10.3390/ijerph17072562>

Schäfer, S. K., Wirth, B. E., Staginnus, M., Becker, N., Michael, T., & **Sopp, M.R.** (2020). Sleep's impact on emotional recognition memory: A meta-analysis of whole-night, nap, and REM sleep effects. *Sleep Medicine Reviews*, 101280. <https://doi.org/10.1016/j.smrv.2020.101280>

Sopp, M. R., Brueckner, A. H., Schäfer, S. K., Lass-Hennemann, J., & Michael, T. (2019). Differential effects of sleep on explicit and implicit memory for potential trauma reminders: findings from an analogue study. *European journal of psychotraumatology*, 10(1), 1644128. <https://doi.org/10.1080/20008198.2019.1644128>

Sopp, M. R., Brueckner, A. H., & Michael, T. (2018). The prospective influence of trait alexithymia on PTSD symptoms: What is the role of emotional recognition memory? *Frontiers in psychology*, 9, 2642. <https://doi.org/10.3389/fpsyg.2018.02642>

Sopp, M.R., Brueckner, A.H., Schäfer, S.K., Lass-Hennemann, J., & Michael, T. (2018). REM theta activity predicts re-experiencing symptoms after exposure to a traumatic film. *Sleep Medicine*, <https://doi.org/10.1016/j.sleep.2018.10.030>

Sopp, M. R., Michael, T., & Mecklinger, A. (2018). Effects of early morning nap sleep on associative memory for neutral and emotional stimuli. *Brain Research*, 1698, 29-42. <https://doi.org/10.1016/j.brainres.2018.06.020>

Sopp, M. R., Michael, T., Weeß, H. G., & Mecklinger, A. (2017). Remembering specific features of emotional events across time: The role of REM sleep and prefrontal theta oscillations. *Cognitive, Affective, & Behavioral Neuroscience*, 17(6), 1186-1209. <https://doi.org/10.3758/s13415-017-0542-8>

Schlarb, A.A., **Sopp, R.**, Ambiel, D., Gruenwald, J. (2014). Chronotype-related differences in childhood and adolescent aggression and antisocial behavior – A review of the literature. *Chronobiology International*, 31(1), 1-16. <https://doi.org/10.3109/07420528.2013.829846>

THESIS

Sopp, M. R. (2017). The contributions of sleep-related consolidation to emotional item and associative memory. *SciDoc*. <http://dx.doi.org/10.22028/D291-26877>

BOOK CHAPTERS AND ARTICLES WITHOUT PEER-REVIEW

Schäfer, S. K., **Sopp, M. R.**, & Michael, T. (2020). Frühinterventionen nach Traumatisierung. [*Early interventions after trauma*] *Psychotherapie im Dialog*. 21(01), 43-47. <https://doi.org/10.1055/a-0968-2433>

Sopp, M. R., Schäfer, S. K., & Michael, T. (2019). Traumafokussierte kognitive Verhaltenstherapie (t-KVT) bei Posttraumatischer Belastungsstörung. [*Traumafocused cognitive behavioral therapy (TF.CBT) for posttraumatic stress disorder.*] *Psychotherapie im Dialog*. 20(02), 14-19. <https://doi.org/10.1055/a-0771-4953>

Sopp, M. R., Kirsch A., Michael, T. (2019). *Trauma und Gedächtnis*. [*Trauma and memory*] In Seidler, Freyberger, & Maercker. *Handbuch Psychotraumatologie [Handbook Psychotraumatology]* (3. Edition). Stuttgart: Klett-Cotta.

Michael, T., **Sopp, R.**, Maercker, A. (2018). *Posttraumatische Belastungsstörungen*. [*Posttraumatic stress disorder*] In Margraf & Schneider (Eds.) *Lehrbuch der Verhaltenstherapie [Textbook for Behavior Therapy]* (4. Edition). Berlin: Springer.

CONFERENCE TALKS

Lüder, C.C., Schäfer, S.K., Michael, T., & **Sopp, M. R.** (2021). The Impact of Posttraumatic Sleep on Intrusive Memories – A Meta-Analysis of Analog Studies. *42nd International Conference of the Stress Trauma Anxiety and Resilience Society*. Virtual.

Haim-Nachum, S., **Sopp, M. R.**, & Levy-Gigi, E. (2021). A Blast from the Past: The Effects of Early Adversity and Updating on PTSD Symptoms in Individuals with Adult Trauma *42nd International Conference of the Stress Trauma Anxiety and Resilience Society*. Virtual.

Sopp, M. R., Haim-Nachum, S., & Levy-Gigi, E. (2021). Leaving the Door Open: Trauma, Impaired Updating, and the Development of PTSD Symptom. *42nd International Conference of the Stress Trauma Anxiety and Resilience Society*. Virtual.

Schäfer, S.K., **Sopp, M. R.**, Bläsing, D., Göritz, A., & Michael, T. (2021). Sense of coherence buffers the effect of COVID-19 on mental health: Findings from a longitudinal Study in the German general population. *Virtual Conference of the European Society for Traumatic Stress Studies*.

Friesen, E., Michael, T., Schäfer, S.K., & **Sopp, M. R.** (2021). COVID-19-related distress predicts analog PTSD symptoms after exposure to an analog stressor. *Virtual Conference of the European Society for Traumatic Stress Studies*.

Friesen, E., **Sopp, M. R.**, & Michael, T. (2021) Homeostatic effects of sleep on extinction learning in a PTSD-adapted fear conditioning paradigm. *Annual European Meeting of Human Fear Conditioning*. Virtual.

Schäfer, S. K., **Sopp, M. R.**, Staginnus, M., Lass-Hennemann, J., Becker, N., & Michael, T. (2019). Meta-Analysis on Resilience-Related Concepts and PTSD Symptom Severity. *35th Annual Meeting of the International Society for Traumatic Stress Studies*, Boston, USA,

Michael, T., Schäfer, S. K., **Sopp, M. R.**, Staginnus, M., & Lass-Hennemann, J. (2019). Correlates of mental health in occupations at risk for traumatization. *35th Annual Meeting of the International Society for Traumatic Stress Studies*, Boston, USA

Sopp, M. R., Brueckner, A., Lass-Hennemann, J., Schafer, S., & Michael, T. (2019). Associations between Trauma, Sleep and Memory Processing: Results from Two Analogue Studies. *European Journal of Psychotraumatology*, 10 (Suppl. 1), 1613834

Sopp, M.R., Brueckner, A., Schäfer, S.K., Lass-Hennemann, J., Michael T. (2018). The Effect of Sleep on Post-Encoding Memory Processes after an Analogue Traumatic Event. *Annual Convention of the German speaking Society for Psychotraumatology*, Frankfurt, Germany

Sopp, M.R., Michael T., Mecklinger A. (2018). The role of REM sleep in emotional memory consolidation: Effects on item and associative memory, *44th Congress "Psychology and Brain"*, Gießen, Germany

Sopp, M.R., Graebener, A., Michael T. (2018). Zusammenhänge zwischen Schlafphysiologie und Belastungssymptomen in einer experimentellen Analogstudie. [*Associations between sleep physiology and stress symptoms after experimental trauma.*] *36th Symposium of the German Psychological Society – Subsection Clinical Psychology*, Landau, Germany

Sopp, M.R., Graebener, A., Michael T. (2018). Der prädiktive Einfluss des REM-Schlafs auf PTBS-Symptome: Erste Ergebnisse aus einer experimentellen Analogstudie. [*The predictive influence of REM sleep on PTSD symptoms: First results from an experimental analogue study.*] *Annual Convention of the German speaking Society for Psychotraumatology*, Dresden, Germany

Schlarb, A.A. & **Sopp, R.** (2014). Aggression and violent behavior and sleep problems in young students. *22th Congress of the European Sleep Research Society*, Tallinn, Estonia

Sopp, R. & Schlarb, A.A. (2013). Schlaf, Schlafdauer und Insomnie im Zusammenhang mit Aggression. [*Sleep, sleep duration and insomnia and their link to aggressive behaviour.*] *Somnologie*, 17(Suppl. 1), 5-102.

Schlarb, A.A., **Sopp, R.**, Ambiel, D. (2013). Fremd- und Autoaggression bei Jugendlichen mit Schlafproblemen. [*Aggression and autoaggressive behavior in adolescents with sleep disturbances.*] *Somnologie*, 17(Suppl. 1), 5-102.

Gruenwald, J., **Sopp, R.**, Ambiel, D. & Schlarb, A.A. (2013). Aggression, Impulskontrolle und ADHS bei jungen Studenten mit unterschiedlichem Chronotyp. [*Aggression, inhibitory control and ADHD in young university students of different circadian preferences.*] 11th Congress of Health Psychology, Luxembourg

POSTERS

Haim-Nachum, S., **Sopp, M. R.**, Michael, T., Shamay-Tsoory, S., & Levy-Gigi, E. (2021). No distance is too far between friends: Associations of comfortable interpersonal distance with PTSD and anxiety symptoms in traumatized individuals. *European Psychiatry*, 64(S1), S449-S449.

Friesen, E., **Sopp, M. R.**, Brueckner, A. H., & Michael, T. (2020). Slow wave sleep has no homeostatic effect on fear extinction learning. *Journal of Sleep Research*, 29, 145-145.

Friesen, E., **Sopp, M.R.**, Brueckner, A., & Michael T. (2019). Verändert Schlaf die emotionale Reaktivität nach einem Analogtrauma? 37th Symposium of the German Psychological Society – Subsection Clinical Psychology, Erlangen, Germany

Sopp, M.R., Brueckner, A., Schäfer, S. K., Lass-Hennemann, J., Michael, T. (2018). The effect of sleep on post-encoding memory processes after an analogue traumatic event. 1st Autumn school für early career researchers in trauma research organized by the German speaking Society for Psychotraumatology, Seon, Germany

Sopp, R., Michael, T., & Mecklinger, A. (2017). Does an early morning nap result in differential effects on memory consolidation of emotional and neutral stimuli? Results from an associative memory paradigm. *Royal Society Meeting "The offline brain: understanding memory consolidation and reconsolidation"*, Buckinghamshire, UK

Graebener, A., **Sopp, R.**, & Michael, T. (2016). Alexithymia and emotional memory formation: Implications for the development of intrusive memories. 6th International Conference on Memory, Budapest, Hungary

Sopp, R., Michael T., Weeß, H.-G., & Mecklinger, A. (2016). The role of right-dominant prefrontal theta oscillations during REM-sleep in the consolidation of emotional episodic memories. 6th International Conference on Memory, Budapest, Hungary

Sopp, R., Michael T., Weeß, H.-G., & Mecklinger, A. (2015). The role of REM-sleep in emotional memory processing: Differing effects on item and source memory? 7th World Congress of the World Sleep Federation, Istanbul, Turkey

Sopp, R., Michael T., Weeß, H.-G., & Mecklinger, A. (2015). The role of REM-sleep in emotional memory processing: Differing effects on item and source memory? Summer School „Emotional Learning and Memory in Health and Psychopathology“, Leuven, Belgium