

PUBLICATIONS

PREPRINTS

Schäfer, S., **Sopp, M.R.**, Koch, M., Göritz, 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.smr.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