

## **Curriculum Vitae - Sofia-Marie Oehlke**

Clinical Psychologist – Research Associate – PhD-Candidate

### **Personal Details**

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Links to full publication lists: <https://scholar.google.at/citations?user=7lcM2TAAAAAJ&hl=de>

### **Education**

Since 01/2022: **Doctoral Program in Applied Medical Sciences UN790**, Thematic Program: Mental Health and Behavioral Medicine, Medical University of Vienna

12/2023-04/2025: Theoretical Training for **Clinical Psychologist**, Advanced Module, Austrian Academy of Psychology (ÖAP), Vienna

12/2022-12/2023: Theoretical Training for **Clinical Psychologist**, Basic Module Austrian Academy of Psychology (ÖAP), Vienna

10/2019-10/2022: **Psychology, Master of Science** (Focus: Mind & Brain) - University of Vienna, Graduated with Distinction

10/2014-09/2019: **Psychology, Bachelor of Science, University of Potsdam**, Graduated with Distinction

10/2016-02/2017: **Psychology and Behavioral Sciences, Exchange Semester Erasmus+**, University of Milan-Bicocca

### **Academic and Clinical Positions**

Since 11/2025: **Clinical Psychologist in private practice**, specializing in: post-traumatic stress disorder, autism spectrum conditions, depression, impulse control disorders, and gender identity/transgender care.

Since 11/2022: **Clinical Psychologist, Research Associate (prae-doc)**, at the Department of Child and Adolescent Psychiatry, Medical University of Vienna

- Management and evaluation of the project “*Stress and Autonomic Regulation in Autism Spectrum Disorder (STAR)*”
- Dissertation within the project “*LongCOVID-Fighters: A Treatment for Psychological Post-COVID Symptoms in Adolescents and Young Adults*”
- Evaluation of the project “*Triggers Online Resulting in Non-suicidal Self-injury (TORN)*”
- Evaluation of the project “*Digital Health Applications in Child and Adolescent Psychiatry*”
- Member of the “*Gender Incongruence Board*” at the Comprehensive Center for Pediatrics

- Member of the expert group “*Trans\*Inter\*Geschlechtlichkeiten*” of the Austrian Federal Association for Psychotherapy
- Advanced training in trauma-focused cognitive behavioral therapy
- Supervision and mentoring of psychology students during mandatory internships and psychologist during voluntary internships

**Since 10/2024: University Lecturer**

- Karl Landsteiner Private University for Health Sciences, Krems, Austria
  - o Winter semester 2025/2026: *SE Psychosomatics*
  - o Winter semester 2024/2025: *SE Psychosomatics*
- Medical University of Vienna, Vienna, Austria
  - o Summer semester 2026: Seminar *ÄGF C Trauma - Medical Communication with Trauma Patients*; Lecture Series Block 20 — *Psychological Functions in Health and Illness*; Exam *Objective Structured Clinical Examination (OSCE)*
  - o Summer semester 2025: Seminar *ÄGF C Trauma - Medical Communication with Trauma Patients*

09/2020-12/2022: **Student Research Assistant**, Department Psychology of Ageing, Institute of Developmental and Educational Psychology, University of Vienna, Austria

01/2022-05/2022: **Psychology Intern** at the Kothgassner Lab – Stress in Childhood and Adolescence Research Unit, Department of Child and Adolescent Psychiatry, Medical University of Vienna, Austria

01/2022-04/2022: **Master’s Thesis Student & Data Typist** at the Center for Outpatient Rehabilitation BBRZ MED Center for Mental Health Leopoldau, Vienna, Austria

07/2017-09/2019: **Bachelor’s Thesis Student & Psychology Intern** at the Specialized Outpatient Clinic for Anxiety Disorders Department of Psychiatry and Psychotherapy, Charité Medical University Berlin, Germany

**Additional Psychological Activities**

02/2025: **Trainer**, Clinical communication with Suicidal Individuals and Trauma-Related Responses, Rat auf Draht, Vienna, Austria

**Academic Publications**

- (1) Goreis, A., Lozar, A., List, R., **Oehlke, S. M.**, Klinger, D., Pfeffer, B., Prillinger, K., Laczkovics, C., Zesch, H. E., Nater, U. M., Skoluda, N., Marschik, P. B., Claes, L., Plener, P. L., & Kothgassner, O. D. (2026). *Effects of Experimental Ostracism on Cortisol, Autonomic Regulation, and Affective States in Adolescents with Non-suicidal Self-Injury*. (in press)
- (2) **Oehlke, S. M.**, Goreis, A., Lozar, A., Klinger, D., Plener, P. L., Zeiler, M., & Kothgassner, O. D. (2026). Understanding the role of psychological factors in long COVID: a network analysis approach. *European journal of public health, 36*(2), ckag038.  
<https://doi.org/10.1093/eurpub/ckag038>
- (3) Kothgassner, O. D., Macura, S., Goreis, A., Klinger, D., Pfeffer, B., **Oehlke, S. M.**, Prillinger, K., Kafka, J. X., Zesch, H. E., Felnhofer, A., & Plener, P. L. (2025). Stress reactivity during short trauma narratives in adolescents with post-traumatic stress disorder (PTSD) and

complex PTSD. *European journal of psychotraumatology*, 16(1), 2532273.

<https://doi.org/10.1080/20008066.2025.2532273>

- (4) Goreis, A., van Eickels, R. L., Chang, D., Klinger, D., Zesch, H. E., Prillinger, K., Pfeffer, B., **Oehlke, S. M.**, Ebner-Priemer, U. W., Claes, L., Plener, P. L., & Kothgassner, O. D. (2026). Temporal dynamics of shame and guilt in adolescent NSSI: an ambulatory assessment study. *Frontiers in psychiatry*, 17, 1758601. <https://doi.org/10.3389/fpsy.2026.1758601>
- (5) **Oehlke, S. M.**, Lozar, A., Goreis, A., Klinger, D., Plener, P., Kothgassner, O.D. (2025). Chronic stress and post-traumatic stress in long COVID: a comparative survey study. *Current Psychology*, 1-12. <https://doi.org/10.1007/s12144-025-07583-8>.
- (6) Goreis, A., Pfeffer, B., Hajek Gross, C., Klinger, D., **Oehlke, S. M.**, Zesch, H., Claes, L., Plener, P. L., & Kothgassner, O. D. (2024). Attentional Biases and Nonsuicidal Self-Injury Urges in Adolescents. *JAMA network open*, 7(7), e2422892. <https://doi.org/10.1001/jamanetworkopen.2024.22892>
- (7) Goreis, A., Chang, D., Klinger, D., Zesch, H. E., Pfeffer, B., **Oehlke, S. M.**, Ebner-Priemer, U. W., Claes, L., Plener, P. L., & Kothgassner, O. D. (2025). Impact of social media on triggering nonsuicidal self-injury in adolescents: a comparative ambulatory assessment study. *Borderline personality disorder and emotion dysregulation*, 12(1), 4. <https://doi.org/10.1186/s40479-025-00280-9>
- (8) Klinger, D., **Oehlke, S. M.**, Riedl, S., Eschbaum, K., Zesch, H. E., Karwautz, A., Plener, P. L., & Kothgassner, O. D. (2024). Mental health of non-binary youth: a systematic review and meta-analysis. *Child and adolescent psychiatry and mental health*, 18(1), 126. <https://doi.org/10.1186/s13034-024-00822-z>
- (9) Klinger, D., **Oehlke, S. M.**, Bründlmayer, A. et al. Der Behandlungsprozess von Kindern und Jugendlichen mit Geschlechtsinkongruenz/Geschlechtsdysphorie in Österreich. (2024). *Gynäkologische Praxis*, 34, 110–115. <https://doi.org/10.1007/s41974-024-00332-y>
- (10) Hajek Gross, C.\*, **Oehlke, S. M.\***, Prillinger, K., Goreis, A., Plener, P. L., & Kothgassner, O. D. (2024). Efficacy of mentalization-based therapy in treating self-harm: A systematic review and meta-analysis. *Suicide & life-threatening behavior*, 54(2), 317–337. <https://doi.org/10.1111/sltb.13044> \*equal contributions/shared authorship
- (11) Klinger, D., Riedl, S., Zesch, H. E., **Oehlke, S. M.**, Vökl-Kernstock, S., Plener, P. L., Karwautz, A., & Kothgassner, O. D. (2023). Mental Health of Transgender Youth: A Comparison of Assigned Female at Birth and Assigned Male at Birth Individuals. *Journal of clinical medicine*, 12(14), 4710. <https://doi.org/10.3390/jcm12144710>

### **Additional Research Achievements**

**Awards:** **Psychological Young Scientist 2024** award of the Psychology Committee of the Medical University of Vienna for the study “Chronic stress and post-traumatic stress in long COVID: a comparative survey study” (Current Psychology), 2025

### Congress contributions

- (1) “Heart rate variability and hair cortisol concentrations differentiate between long COVID and depressive disorders in youth” Oral presentation at the Congress of the German Society for Child and Adolescent Psychiatry, Würzburg, Germany, 2026.
- (2) “Disentangling the role of psychological factors in long COVID: a comparative survey study and psychological network analysis”. Poster presentation at the World Association for Stress Related and Anxiety Disorders Congress, Munich, Germany, 2025
- (3) “Impact of Social Media on Triggering Non-suicidal Self-Injury in Adolescents: A Comparative Ambulatory Assessment Study”. Poster presentation at the 21. Congress of the European Society of Child and Adolescent Psychiatry. Strasbourg, France, 2025.

- (4) *“Associations Between Long COVID, Psychological Distress, and Post-Traumatic Stress in Children and Adolescents”*. Oral presentation at the 37. Congress of the Austrian Society for Child and Adolescent Psychiatry, Psychosomatics, and Psychotherapy in Klagenfurt, Austria, 2025.
- (5) *“Post-COVID-19 syndrome: persistent psychological consequences and their implications for care”*. Oral presentation at the 8. Conference of the Psychology Committee of the Medical University of Vienna, 2025
- (6) *“Chronic stress and post-traumatic stress in long COVID: a comparative survey study”*. Poster presentation at the 8. Conference of the Psychology Committee of the Medical University of Vienna, 2025
- (7) *“Chronic stress and post-traumatic stress in long COVID: a comparative survey study”*. Oral Presentation at the Congress of the German Society of Psychology and the Austrian Society of Psychology. 2024
- (8) *“Long COVID: Psychological Distress, Chronic Stress, and COVID-19-Related Post-Traumatic Stress”*. Oral Presentation at the Annual Conference of the German Society for Psychotraumatology 2024 in Vienna, Austria, 2024
- (9) *“LongCOVID-Fighters: Study Protocol for the Evaluation of a Treatment Concept for Adolescents and Young Adults with Psychological Post- COVID Symptoms”*. Poster presented at the 36. Congress of the Austrian Society for Child and Adolescent Psychiatry, Psychosomatics, and Psychotherapy in Klagenfurt, Austria, 2024