

Curriculum Vitae - Sofia-Marie Oehlke

Clinical Psychologist – Research Associate – PhD-Candidate

Personal Details

Address: Stress in Childhood & Adolescence Research Unit (SCAR-Unit), Department of Child and Adolescent Psychiatry, Medical University of Vienna, Währinger Gürtel 18-20, 1090 Wien

Email: sofia-marie.oehlke@meduniwien.ac.at

Phone: +43 01 40400 37466

Web: <https://kjp.meduniwien.ac.at/wissenschaft-forschung/scar-unit-stress-in-childhood-and-adolescence-research-unit/>

Researcher unique IDs: ORCID 0000-0002-0633-5827

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: stress-related conditions, 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., Alsch, J., **Oehlke, S.-M.**, Plener, P. L., & Kothgassner, O. D. (2026). Autonomic dysregulation and nonsuicidal self-injury: findings from a cross-sectional online survey. *Frontiers in Psychiatry*, 17. <https://doi.org/10.3389/fpsyt.2026.1874303>
- (2) Goreis, A., Pfeffer, B., Klinger, D., **Oehlke, S. M.**, Macura, S., Kafka, J. X., Müller, N. M., Prillinger, K., Zesch, H. E., Kapusiz, I., Felnhöfer, A., Feneberg, A. C., Nater, U. M., Skoluda, N., Plener, P. L., & Kothgassner, O. D. (2026). Elevated hair cortisol concentrations in trauma-exposed adolescents who engage in nonsuicidal self-injury. *Psychoneuroendocrinology*, 191, 107920. Advance online publication. <https://doi.org/10.1016/j.psyneuen.2026.107920>
- (3) Goreis, A., Lozar, A., List, R., **Oehlke, S. M.**, Klinger, D., Pfeffer, B., Prillinger, K., Laczkovics, C., Zesch, H., 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 nonsuicidal self-injury. *Child and adolescent psychiatry and mental health*, 10.1186/s13034-026-01099-0. Advance online publication. <https://doi.org/10.1186/s13034-026-01099-0>
- (4) **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>
 - (5) Kothgassner, O. D., Macura, S., Goreis, A., Klinger, D., Pfeffer, B., **Oehlke, S. M.**, Prillinger, K., Kafka, J. X., Zesch, H. E., Felnhofner, 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>
 - (6) 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/fpsyt.2026.1758601>
 - (7) **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>.
 - (8) 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>
 - (9) 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>
 - (10) 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>
 - (11) 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>
 - (12) 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
 - (13) Klinger, D., Riedl, S., Zesch, H. E., **Oehlke, S. M.**, Völkl-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) *"Autonomic Dysregulation and Non-suicidal Self-Injury: Findings from a Cross-Sectional Online Survey"*. Oral presentation at the Congress of the International Society for the Study of Self-Injury, Stockholm, Sweden, 2026.
- (2) *"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.
- (3) *"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
- (4) *"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.
- (5) *"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.
- (6) *"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
- (7) *"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
- (8) *"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
- (9) *"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
- (10) *"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