

# Curriculum Vitae

## Sofia-Marie Oehlke, MSc



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### Contact details

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Department	Child and Adolescent Psychiatry
Research Lab	Kothgassner-Lab/Stress in Childhood and Adolescents Research Unit (SCAR-Unit)
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### Academic Positions

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Since 11/2022      **Scientific Project Assistant (prae-doc)**  
**Clinical Psychologist in Training and Supervision**

#### Projects:

- Dissertation within the project *LongCOVIDFighters: A Treatment for Psychological Post-COVID Symptoms in Adolescents and Young Adults*
- Training in *Trauma-Focused Cognitive Behavioral Therapy*
- *Triggers Online Resulting in Non-Suicidal Self-Injury (TORN)*
- Member of the *Gender Incongruence Board* at the Comprehensive Center for Pediatrics
- Member of the expert group *Trans\*Inter\*Gender Identities* of the Austrian Federal Association for Psychotherapy

Since 10/2024      **University Lecturer**

#### Courses:

- Seminar *Psychosomatic* at Karl Landsteiner Private University for Health Sciences
- *Medical Interviewing Trauma* (ÄGF Trauma) at Medical University of Vienna

- Supervision of psychology interns at Medical University of Vienna
- Workshop *Colorful Diversity: A Journey of Discovery into Gender Identity*, Children's University Vienna 2024, Medical University of Vienna

- 09/2020-12/2022    **Student Research Assistant**  
 Department: *Psychology of Aging*  
 Supervision: Univ.-Prof. Dr. Jana Nikitin  
 Institute of Developmental and Educational Psychology  
 University of Vienna
- 01/2022-05/2022    **Psychology Intern**  
 Research lab: *Kothgassner Lab – Stress in Childhood and Adolescence Research Unit*  
 Supervision: Ap. Prof. Mag. Dr. Oswald D. Kothgassner,  
 Department of Child and Adolescent Psychiatry  
 Medical University of Vienna
- 01/2022-04/2022    **Master's Thesis Student & Data Typist**  
 Supervision: Univ.-Prof. Dr. Alexandra Schosser  
 Center for Outpatient Rehabilitation BBRZ MED Center for  
 Mental Health Leopoldau Vienna
- 07/2017-09/2019    **Bachelor's Thesis Student & Psychology Intern**  
 Research Project: *Steps Out of Depression*  
 Supervision: Prof. Dr. med. Andreas Ströhle  
 Specialized Outpatient Clinic for Anxiety Disorders  
 Department of Psychiatry and Psychotherapy  
 Charité Medical University Berlin

## Academic Education

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- Since 12/2023    **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
- Since 01/2022    **Doctoral Program in Applied Medical Sciences UN790**  
 Thematic Program: Mental Health and Behavioral Medicine,  
 Medical University of Vienna
- 10/2019-10/2022    **Psychology, Master of Science (Focus: Mind & Brain)**  
 - University of Vienna, Graduated with Distinction

- Master's Thesis: *Adverse childhood experiences and early maladaptive schemas among adults in outpatient psychiatric rehabilitation: towards a more comprehensive approach*, Supervision: Univ.-Prof. Dr. Alexandra Schosser and Ass.-Prof. Mag. Dr. Harald Werneck

10/2014-09/2019    **Psychology, Bachelor of Science**

- University of Potsdam, Graduated with Distinction
- Bachelor's Thesis: *Investigation of the design of an activity program with pedometer for the inpatient treatment of patients with depressive disorders*, Supervision: Prof. Dr. med. Andreas Ströhle

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

## Publication list

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**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>.

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>

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>

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>

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>

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*. Advance online publication. <https://doi.org/10.1111/sltb.13044>; \*contributed equally

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>

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## Congress contributions

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02/2025: *Post-COVID-19 syndrome: persistent psychological consequences and their implications for care*. Oral presentation at the Psychological Expert Panel of the Medical University of Vienna.

02/2025: *Chronic stress and post-traumatic stress in long COVID: a comparative survey study*. Poster presentation at the Psychological Expert Panel of the Medical University of Vienna.

09/2024: *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.

02/2024: *Long COVID: Psychological Strain, 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.

06/2023: *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 Annual Congress of the Austrian Society for Child and Adolescent Psychiatry, Psychosomatics, and Psychotherapy in Klagenfurt, Austria.

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## Awards

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02/2025: **Psychological Young Scientist 2024** award of the Psychological Expert Panel of the Medical University of Vienna for the poster presentation of *Chronic stress and post-traumatic stress in long COVID: a comparative survey study*.