

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 Positions

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

- Dissertation within the project “*LongCOVIDFighters: 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)*”
- 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 behavioural therapy
- Supervision and mentoring of psychology students during mandatory internships

Since 10/2024: **University Lecturer**

- Karl Landsteiner Private University for Health Sciences, Krems, Austria (summer semester 2025: *SE Psychosomatics*)

- Medical University of Vienna, Vienna, Austria (summer semester 2025: *ÄGF C Trauma*)

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

Research Interests

- Mental health and stress-related symptoms in long COVID
- Clinical-psychological interventions for long COVID
- Stress-related disorders in children and adolescents
- Meta-analytic therapy evaluation
- Mental health in young individuals with gender dysphoria

My research focuses on the mental health of individuals with long COVID, with a particular emphasis on chronic and post-traumatic stress responses, as well as their role in the development and persistence of this condition. A core aspect of my work lies in investigating the cognitive, physiological, and endocrine mechanisms that underlie these stress responses. As part of this research, I conducted a comparative survey examining chronic and post-traumatic stress in individuals with long COVID (Oehlke et al., 2024, *Current Psychology*), a study that was awarded the “Psychological Young Scientist 2024” award by the Psychology Committee of the Medical University of Vienna in recognition of its scientific merit. In my combined role as researcher and clinical psychologist, I place great value on bridging empirical research with practical impact. I am currently implementing Austria's only scientifically evaluated mental health program specifically designed for adolescents and young adults with long COVID. Funded by EWSA-Fonds, this project assesses both the psychological and biological dimensions of stress in this population, alongside the effectiveness of a targeted intervention. The study is ongoing. Beyond the long COVID context, my work has consistently focused on stress-related and impulse-control disorders in youth. I have contributed to experimental studies using eye-tracking to investigate the predictive role of attentional biases in self-injurious behavior (Goreis et al., 2024, *JAMA Network Open*) and conducted a meta-analysis on therapeutic approaches for these conditions (Hajek Gross, Oehlke et al., 2024, *Suicide and Life-Threatening Behavior*). Across all my research activities, I aim to integrate methodological precision with clinical relevance. My work is characterized by the use of multi-modal approaches and innovative technologies to gain deeper insights into the mechanisms linking stress and mental health.

Academic Publications

- (1) **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>.
- (2) 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>
- (3) 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>
- (4) 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>
- (5) 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>
- (6) 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>
- (7) 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>

*equal contributions/shared authorship

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) “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
- (2) “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
- (3) “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
- (4) “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

- (5) “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, 2024