

## **Victor BLÜML, MD, PhD, MA**

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### **1. CURRICULUM VITAE**

#### **Personal**

03.04.1982            Born in Vienna, Austria

Family status: unmarried

Nationality: Austria

#### **School education**

1988 – 1992            Elementary School in Vienna

1992 – 2000            Secondary school in Vienna, Matura with distinction

1998                    Semester abroad in the US

#### **University**

2001 – 2007            Medical studies at the Medical University of Vienna

2006                    Medical studies at the Université Pierre et Marie Curie in Paris (ERASMUS)

20.04.2007            Completion of medical studies and graduation

2009 - 2014            Doctoral studies of Applied Medical Science (N790) at the Medical University of Vienna

18.9.2014            Completion of doctoral studies of Applied Medical Science (N790)

2003 – 2009            Study of philosophy at the University of Vienna

23.06.2009            Completion of philosophical studies and graduation with excellence at the University of Vienna

Since 2009            Doctoral studies of philosophy at the University of Vienna

### **Working career**

2007 – 2008            Freelance scientific assistant at the Department of Psychoanalysis and Psychotherapy, Medical University of Vienna (Head: Univ.-Prof. Dr. Marianne Springer-Kremser)

2008 – 2009            Postdoc - Assistant at the Department of Psychoanalysis and Psychotherapy, Medical University of Vienna (Head: Univ.-Prof. Dr. Marianne Springer-Kremser)

2009 - 2015            Psychiatric training at the Medical University of Vienna

2009 - 2010            Resident at the Department of Psychiatry and Psychotherapy, Clinical Division of Biological Psychiatry, Medical University of Vienna (Head: Univ. Prof. Dr. Siegfried Kasper)

2010 - 2013            Resident at the Department of Psychiatry and Psychotherapy, Clinical Division of Social Psychiatry, Medical University of Vienna (Head: Univ.-Prof. Dr. Johannes Wancata)

2011 – 2012            Resident at the Department of Child and Adolescent Psychiatry, Medical University of Vienna (Head: Univ. Prof. Dr. M. H. Friedrich)

2012 - 2013            Resident at the Department of Neurology, Medical University of Vienna (Head: Univ.Prof. Dr. Eduard Auff)

2013 - 2015            Resident at the Department of Psychoanalysis and Psychotherapy, Medical University of Vienna (Head: Univ.-Prof. Dr. Stephan Doering)

2015                      Resident at the Department Internal Medicine III, Division of Rheumatology, Medical University of Vienna (Head: Univ. Prof. Dr. J. Smolen)

Since 12/2015            Consultant at the Department of Psychoanalysis and Psychotherapy, Medical University of Vienna (Head: Univ.-Prof. Dr. Stephan Doering)

### **Further qualifications**

2007 – 2009            Propedeutic Program in Psychotherapy at the HoPP – Postgraduate Program of the University of Vienna

2009                      Completion of the Propedeutic Program in Psychotherapy at the HoPP – Postgraduate Program of the University of Vienna

Since 2009            Advanced courses in psychotherapy at the Vienna Psychoanalytic Society (WPV)

## **Languages**

English (fluent)  
French (very good proficiency)  
Spanish (basic proficiency)

## **2. Areas of clinical work**

2009 - 2010            Ward and outpatient clinic for alcohol use disorders, Department of Psychiatry and Psychotherapy, Medical University of Vienna

2010                    Outpatient clinic, Department of Psychiatry and Psychotherapy, Medical University of Vienna

2010-2011            Ward specializing in perinatal psychiatry, Department of Psychiatry and Psychotherapy, Medical University of Vienna

2011 - 2012            Ward for children and adolescents, Department of Child and Adolescent Psychiatry, Medical University of Vienna

Since 2013            Outpatient clinic, Department of Psychoanalysis and Psychotherapy, Medical University of Vienna

## **3. Areas of scientific research**

### **Current areas of research:**

Epidemiological and clinical risk and resilience factors of suicidality; suicide prevention

Personality structure and personality functioning

Psychoanalytic theories of suicide and psychoses; psychoanalytic setting; applied psychoanalysis

### **Past areas of research:**

Epidemiology and clinical research in substance use disorders with special focus on alcohol

Psychoanalytic process research

Psychosomatics

#### **4. Memberships**

Wiener Psychoanalytische Vereinigung (Vienna Psychoanalytic Society)

ÖGPP (Austrian Society for Psychiatry and Psychotherapy)

Suicide Research Group (Medical University of Vienna)

#### **5. Teaching activities**

Since 2008            Teaching in the Block 20 and the „Tertial Psychiatry“ of the medical curriculum at the Medical University of Vienna

Since 2013            Small-group coordinator and member of the planning team of the Block 20 at the Medical University of Vienna

Since 2013            Various teaching activities in the non-university psychoanalytic, psychotherapeutic, and psychiatric field (e.g. Pro Mente, BÖP,...)

#### **6. Reviews for peer-reviewed journals**

Since 2010            PLOS One

International Journal of Psychiatry in Clinical Practice

Archives of Psychiatry and Psychotherapy

Suicidology Online

#### **7. List of publications**

##### **Original papers:**

*First author (\* shared first-authorship):*

- Blüml, V., Waldhör, T., Kapusta, N.D., Vyssoki, B. (2015) Psychiatric Hospital Bed Numbers and Prison Population Sizes in 26 European Countries: A Critical Reconsideration of the Penrose Hypothesis. *PLoS One* Nov 3;10(11):e0142163. doi: 10.1371/journal.pone.0142163.

- Blüml, V. (2015) Diachronie, Heterochronie, Auseinanderfallen der Zeit: Zur Kritik des innigen Miteinanderseins oder der geglückten Begegnung in der Analyse. [Diachrony, heterochrony, falling apart of time: A critique of intimate togetherness or the fortunate encounter in analysis] *Forum der Psychoanalyse* 31, 257-265, doi: 10.1007/s00451-015-0206-7
- Blüml, V., Fischer-Kern, M. (2015) Die „Montagskruste“ oder die Frage nach der Stundenfrequenz in der Psychoanalyse. [The „Monday crust“ or the question of session frequency in psychoanalysis.] *Forum der Psychoanalyse* 31, 175-189, doi: 10.1007/s00451-015-0191-x
- Blüml, V., Kapusta, N.D., Doering, S., Brähler, E., Wagner, B., Kersting, A. (2013) Personality Factors and Suicide Risk in a Representative Sample of the German General Population. *PLoS One* Oct 4;8(10):e76646. doi: 10.1371/journal.pone.0076646.
- Helbich\*, M., Blüml\*, V., Leitner, M., Kapusta, N.D. (2013) Does altitude moderate the impact of lithium on suicide? A spatial analysis of Austria. *Geospatial Health* 7, 209-218.
- Blüml, V., Regier, M.D., Hlavin, G., Rockett, I.R.H., König, F., Vyssoki, B., Bschor, T., Kapusta, N.D. (2013) Lithium in the public water supply and suicide mortality in Texas. *Journal of Psychiatric Research* 47, 407-411. doi: 10.1016/j.jpsychires.2012.12.002.
- Blüml, V., Angermeyer, M.C., Holzinger, A. (2013) Assoziationen zur Psychoanalyse – Ergebnisse einer Repräsentativerhebung bei der Wiener Bevölkerung. [Associations to psychoanalysis--results of a population based survey in Vienna] *Psychiatrische Praxis* 40, 130-134.
- Blüml, V., Stammler-Safar, M., Reitingner, A.K., Resch, I., Naderer, A., Leithner, K. (2012) A Qualitative Approach to Examine Women's Experience of Planned Cesarean. *JOGNN - Journal of Obstetric, Gynecologic, and Neonatal Nursing* 41, E82-E90.
- Blüml, V., Kapusta, N., Vyssoki, B., Kogoj, D., Walter, H., Lesch, O. (2012) Relationship between substance use and body mass index in young males. *The American Journal on Addictions* 21, 72-77.

*Co-author:*

- Fischer-Kern, M., Fonagy, P., Kapusta, N.D., Luyten, P., Boss, S., Naderer, A., Blüml, V., Leithner, K. (2013) Mentalizing in Female Inpatients with Major Depressive Disorder. *The Journal of Nervous and Mental Disorder* 201, 202-207.
- Vyssoki, B., Praschak-Rieder, N., Sonneck, G., Blüml, V., Willeit, M., Kasper, S., Kapusta, ND. (2012) Effects of sunshine on suicide rates. *Comprehensive Psychiatry* 53, 535-539.

- Vyssoki, B., Willeit, M., Blüml, V., Höfer, P., Erfurth, A., Psota, G., Lesch, O.M., Kapusta, N.D. (2011) Inpatient treatment of major depression in Austria between 1989 and 2009: Impact of downsizing of psychiatric hospitals on admissions, suicide rates and outpatient psychiatric services. *Journal of Affective Disorders* 133, 93-96.
- Vyssoki, B., Blüml, V., Gleiss, A., Friedrich, F., Kogoj, D., Walter, H., Zeiler, J., Höfer, P., Lesch, O.M., Erfurth, A. (2011) The impact of temperament in the course of alcohol dependence. *Journal of Affective Disorders* 135, 177-183.
- Löffler-Stastka, H., Blüml, V., Bös, C. (2010). Exploration of personality factors and their predictive impact on therapy utilization: the externalizing mode of functioning. *Psychotherapy Research* 20, 295-308.
- Leithner-Dziubas, K., Blüml, V., Naderer, A., Tmej, A., Fischer-Kern, M. (2010) Mentalisierungsfähigkeit und Bindung bei Patientinnen mit chronischen Unterbauchschmerzen: eine Pilotstudie. *Zeitschrift für Psychosomatische Medizin und Psychotherapie* 56, 179-190.
- Löffler-Stastka, H., Blüml, V. (2010). Assessment Tools for Affect Regulation and Quality of Object Relations in Personality Disorders. *Bulletin of the Menninger Clinic* 74, 29-44. [IF 2011: 0.719]
- Kapusta, N., Pietschnig, J., Plener, P., Blüml, V., Lesch, O., Walter, H. (2010). Does breath carbon monoxide measure nicotine dependence? *Journal of Addictive Diseases* 29, 493-499.
- Löffler-Stastka, H., Blüml, V., Ponocny-Seliger, E., Hodal, M., Jandl-Jager, E., Springer-Kremser, M. (2010). Einstellungen von Medizinstudenten zu Psychotherapie: Veränderungen nach Unterricht über Psychische Funktionen in Gesundheit und Krankheit. *PPmP – Psychotherapie Psychosomatik Medizinische Psychologie* 60, 118-125.
- Vyssoki, B., Steindl-Munda, P., Ferenci, P., Walter, H., Höfer, P., Blüml, V., Friedrich, F., Kogoj, D., Lesch, O. (2010). Comparison of alcohol-dependent patients at a gastroenterological and a psychiatric ward according to the Lesch Alcoholism Typology: implications for treatment. *Alcohol and Alcoholism* 45, 534-540.
- Löffler-Stastka, H., Blüml, V., Jandl-Jager, E. (2010). Voraussagekraft für die Therapieinanspruchnahme bei Persönlichkeitsstörungen: SWAP-200 und SKID-II im Vergleich. *PPmP – Psychotherapie Psychosomatik Medizinische Psychologie* 60, 342-349.
- Löffler-Stastka, H., Frantal, S., Blüml, V., Jandl-Jager, E. (2010) Überweisungserfolg in Psychotherapie bei Patienten mit Persönlichkeitsstörungen Therapeutische Konsequenzen. *Wiener Klinische Wochenschrift* 122, 165-172.

- Kogoj, D., Lesch, O.M., Blüml, V., Riegler, A., Vyssoki, B., Schlaff, G., Walter, H. (2010) Lesch alcoholism typology medical treatment and research. *Archives of Psychiatry and Psychotherapy* 12, 37-48.
- Löffler-Stastka, H., Szerencsics, M., Blüml, V. (2009). Dissociation, trauma, affect regulation and personality in patients with a Borderline Personality Organization. *Bulletin of the Menninger Clinic* 73, 81-98. [IF 2011: 0.719]
- Löffler-Stastka, H., Blüml, V., Ponocny-Seliger, E., Jandl-Jager, E., Ruhs, A., Springer-Kremser, M. (2009). Das Bild der Psychotherapie(n) – ein Vergleich zwischen angehenden Psychotherapeuten und Laien. *Neuropsychiatrie* 23, 91-100.
- Löffler-Stastka, H., Blüml, V. (2009). Arzt/Ärztin – PatientIn. Die ärztliche Kommunikation: Vorurteile und Fakten. *Jatros Gendermedizin* 1, 20-21.

#### **Book contribution:**

- Kapusta, N.D., Grabenhofer - Eggerth, A., Blüml, V., Klein, J., Baus, N., Huemer, J. (2013) Suizid und Suizidprävention in Österreich: Basisbericht 2013: Bundesministerium für Gesundheit (Hg.), Wien.

#### **Published abstracts:**

- Fischer-Kern, M., Fonagy, P., Kapusta, N.D., Luyten, P., Boss, S., Naderer, A., Blüml, V., Leithner, K. (2013) Mentalizing in female inpatients with Major Depressive Disorder. ISSPD XIII; International Congress on the Disorders of Personality. 16.-19.9.2013, Copenhagen, Denmark. *Book of abstracts*, p.74.
- Erfurth, A., Vyssoki, B., Kogoj, D., Blüml, V., Walter, H., Lesch, O. (2011) Lesch Alcoholism Typology and temperaments: their role in etiology, course and treatment. 13th Congress of ESBRA, September 4-7, 2011, Vienna, Austria. *Alcohol and Alcoholism* 46, Suppl 1, 16-17.
- Walter, H., Dal Bianco, A., Blüml, V., Vyssoki, B., Skala, K. (2011) LAT: New research data. 13th Congress of ESBRA, September 4-7, 2011, Vienna, Austria. *Alcohol and Alcoholism* 46, Suppl 1, 16.
- Lesch, OM., Erfurth, A., Vyssoki, B., Höfer, P., Blüml, V., Kogoj, D., Walter, H. (2011) Experience from research into addiction. *Acta Dermato-Venereologica* 91, 224-225.

#### **Conference talks:**

- 6<sup>th</sup> German Speaking International Psychoanalytical Conference (DIPSAT) in Bern, Switzerland (2014): “Diachronie, Heterochronie, Auseinanderfallen der Zeit. Zur Kritik des innigen miteinander Seins oder der geglückten Begegnung in der Analyse.“
- 13th Annual congress of the Austrian Society for Psychiatry and Psychotherapy (ÖGPP) in Gmunden, Austria (2013): „Regionale Unterschiede der Suizidraten. Österreichische und internationale Perspektiven“.
- 12th Annual congress of the Austrian Society for Psychiatry and Psychotherapy (ÖGPP) in Gmunden, Austria (2012): „Suizidprävention in Österreich im Lichte internationaler Forschung“.
- 20th European Congress of Psychiatry in Prague, Czech republic (2012): „Relationship between substance use and body mass index in young males“
- IX. Alpe Adria Congress: “Therapy of Addiction in Practice - a Project of 9 Countries” in Villach, Austria (2010): “Prognose der Alkoholabhängigkeit unter Berücksichtigung der Typologie nach Lesch“.
- 13th Conference of the European Association of Substance Abuse Research (EASAR) in Bad Aussee, Austria (2010): “Specific alcohol dependence treatment according to the Lesch typology – a retrospective 2 years outcome study”.

#### Posters:

- V. Blüml, V., Helbich, M., Mayr, M., Turnwald, R., Vyssoki, B., Plener, P., Fegert, J., Kapusta, N.D. (2015) Antidepressant prescriptions and regional variations of suicide rates in Germany. Roman Suicide Forum, September 17-18, 2015.
- Blüml, V., Kapusta, N.D., Doering, S., Brähler, E., Wagner, B., Kersting, A. (2013) Personality factors and suicide risk. Kongress der Deutschen Gesellschaft für Psychiatrie und Psychotherapie, Psychosomatik und Nervenheilkunde (DGPPN) in Berlin, Germany, 27.-30.11.2013.
- Blüml, V., Vyssoki, B., Kogoj, K., Walter, H., Lesch, O. (2011) Relationship between substance use and body mass index in young males. 13th Congress of ESBRA, September 4-7, 2011.
- Erfurth, A., Vyssoki, B., Kogoj, D., Blüml, V., Walter, H., Lesch, O. (2011) Lesch Alcoholism Typology and temperaments: their role in etiology, course and treatment. 13th Congress of ESBRA, September 4-7, 2011. Published in: *Alcohol and Alcoholism* 46, Suppl 1, 16-17.



- Walter, H., Dal Bianco, A., Blüml, V., Vyssoki, B., Skala, K. (2011) LAT: New research data. 13th Congress of ESBRA, September 4-7, 2011. Published in: *Alcohol and Alcoholism* 46, Suppl 1, 16.
- Lesch, OM., Erfurth, A., Vyssoki, B., Höfer, P., Blüml, V., Kogoj, D., Walter, H. (2011) Experience from research into addiction. Published in: *Acta Dermato-Venereologica* 91, 224-225.
- Blüml, V., Löffler-Stastka, H. (2010). Predictive Power on therapy engagement in personality disorders: SWAP-200 versus SCID-II. 18<sup>th</sup> EPA congress, Munich, Germany, 27 February – 2 March, 2010.
- Löffler-Stastka, H., Blüml, V. (2010). Dissociation, Trauma, Affect regulation and personality in patients with a Borderline Personality Organization. 18<sup>th</sup> EPA congress, Munich, Germany, 27 February – 2 March, 2010.

**Co-Author of research grant applications:**

- International Psychoanalytic Association (Cooperation with the Technical University of Vienna): TEMPT – Tools for the evaluation of microprocesses in psychoanalytic treatments (2008)
- FWF (Cooperation with the Technical University of Vienna): Comparison Tool for Psychoanalytic Courses of Treatment (2008).
- WWTF-Call "Mathematics and ..." (Cooperation with the Technical University of Vienna): Mathematical automation of Viennese psychoanalytic treatments (2009).