

Curriculum Vitae

Personal information

Name: Yasmine S. Azza, PhD
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Education

09/2019 PhD in Psychology, University of Zurich, CH
Doctoral thesis: “The Role of Sleep in Stress Adaptation and the Development of Intrusive Emotional Memories”. Advisor: Prof. Dr. B. Kleim

12/2015 MSc in Psychology (diploma degree), University of Vienna, AT
Diploma thesis: “The Role of the IDLPFC in the Affective Processes underlying Aesthetic Appreciation of Art” advised by Dr. M. Nadal, graduation in General and Clinical Psychology

Employment history

09/2022 - **RDT Junior**; Developmental Psychology, Faculty of Education University of Bolzano-Bozen, IT

01/2020 - 07/2021 **Postdoctoral researcher**; Translational Psychiatry Unit, University of Luebeck, DE

10/2019 - 12/2019 **Postdoctoral researcher**; Experimental Psychopathology and Psychotherapy, University of Zurich, CH

03/2016 - 09/2019 **Doctoral researcher**; Experimental Psychopathology and Psychotherapy, University of Zurich in affiliation with the Psychiatric University Hospital Zurich, CH

10/2014 - 08/2015 **Student research assistant**; Institute for Applied Psychology: Health, Development, Enhancement and Intervention, Faculty of Psychology, University of Vienna, AT

07/2013 - 10/2013 **Research Intern**; Social, Cognitive and Affective Neuroscience (SCAN) Unit, Department of Basic Psychological Research and Research Methods, University of Vienna, AT

03/2013 - 05/2013 **Research Intern**; Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, DE

02/2012 - 04/2012 **Research Intern**; Cluster of Excellence “Languages of Emotion”, Free University of Berlin, DE

Publications

Peer-reviewed scientific journals

Azza, Y., Wilhelm, F. H., Seifritz, E., Junghanns, K., Kleim, B., & Wilhelm, I. (2022). Sleep’s role in updating aversive autobiographical memories. *Translational Psychiatry*, 12(1), 1-9. <https://doi.org/10.1038/s41398-022-01878-1>

Stucky, B., Clark, I., **Azza, Y.**, Karlen, W., Achermann, P., Kleim, B., & Landolt, H. P. (2021). Validation of Fitbit Charge 2 Sleep and Heart Rate Estimates Against Polysomnographic Measures in Shift Workers: Naturalistic Study. *Journal of medical Internet research*, 23(10), e26476. <https://doi.org/10.2196/26476>

- Clark, I., Stucky, B., **Azza, Y.**, Schwab, P., Mueller, S., Weibel, D., ... & Landolt, H. P. (2021). Diurnal variations in multi-sensor wearable-derived sleep characteristics in morning-and evening-type shift workers under naturalistic conditions. *Chronobiology international*, 38(12), 1702-1713. <https://doi.org/10.1080/07420528.2021.1941074>
- Wilhelm, I., **Azza, Y.**, Brennwald, K., Ehrt-Schaefer, Y., Seifritz, E., & Kleim, B. (2021). Investigating the effect of a nap following experimental trauma on analogue PTSD symptoms. *Scientific Reports* 11(1), 1-11. <https://doi.org/10.1038/s41598-021-83838-1>
- Azza, Y.**, Wilhelm, I., & Kleim, B. (2020). Sleep early after trauma: A target for prevention and early intervention for posttraumatic stress disorder? *European Psychologist*, 25, 239-251. <https://doi.org/10.1027/1016-9040/a000401>
- Azza, Y.**, Grueschow, M., Karlen, W., Seifritz, E., & Kleim, B. (2019). How stress affects sleep and mental health: Nocturnal heartrate increases during prolonged stress and interacts with childhood trauma exposure to predict anxiety. *Sleep*. <https://doi.org/10.1093/sleep/zsz310>

Peer reviewed conferences abstracts (talks)

- Azza, Y.**, Ngo, H.-V., Wick, A., Junghans, K., & Wilhelm, I. (2022, September). REM theta activity predicts stress adaptation after experimental trauma. *14. Tagung der Österreichischen Gesellschaft für Psychologie* Klagenfurt, AT
- Azza, Y.**, Wilhelm, F. H., Seifritz, E., Junghans, K., Kleim, B., & Wilhelm, I. (2022, June). Der Einfluss von Schlaf auf die Rekonsolidierung belastender autobiographischer Erinnerungen. *Deutscher Psychotherapie Kongress*, Berlin, DE
- Azza, Y.**, Clark, I., Karlen, W., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, December). Sleep's role in the development of intrusive emotional memories and resilience after trauma: A translational neuroscience approach. *Zurich Sleep Retreat*, Zurich, CH
- Azza, Y.**, Clark, I., Rosemann, S., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, June). Effect of Sleep After Trauma on Intrusive Emotional Memories. *32nd annual meeting of the Associated Professional Sleep Societies (SLEEP)*, Baltimore, USA
- Azza, Y.**, Wilhelm, I., Weber, S. & Kleim, B. (2017, May). Schlaf nach Traumaexposition – Prävention oder Risikofaktor? Ein Update. *35th Symposium of the Division of Clinical Psychology, German Psychological Society (DGPs)*, Chemnitz, DE
- Azza, Y.**, Wilhelm, I. & Kleim, B. (2017, February). Schlaf nach Traumaexposition – Prävention oder Risikofaktor? *19th Annual Conference of the German-speaking Society of Psychotraumatology (DeGPT)*, Zurich, CH

Poster presentations

- Azza, Y.**, Ngo, H.-V., Wick, A., Rohrberg, F., Strelow, L.-S. & Wilhelm, I. (2021, June). The role of slow wave and theta activity in stress adaptation after experimental trauma. *46. Jahrestagung Psychologie und Gehirn online*. **Azza, Y.**, Clark, I., Mueller S., Karlen W., Seifritz, E., Landolt, H.P. & Kleim, B. (2019, July). Sleep as predictor of intrusive symptoms? *World Congress of Behavioural and Cognitive Therapies*, Berlin, DE
- Azza, Y.**, Clark, I., Mueller S., Karlen W., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, November). Sleep as predictor of intrusive symptoms? *International Pharmaco-EEG Society (IPEG) Meeting*, Zurich, CH
- Azza, Y.**, Grueschow, M., T., Feinaigle, P., Karlen, W., Seifritz, E. & Kleim, B. (2018, September). The influence of Childhood Trauma on Sleep and Stress Reactivity Later in Life. *24th Congress of the European Sleep Research Society (ESRS)*, Basel, CH
- Clark, I., **Azza, Y.**, Mueller, S., Schwab, P., Karlen, W., Seifritz, E., Kleim, B., & Landolt, H. P. (2018, September). A field-study on the role of sleep in stress resilience in rescue workers: preliminary analyses of wrist-actigraphy and home-polysomnography. *Journal of Sleep Research*, (27), *24th Congress of the European Sleep Research Society (ESRS)*, Basel, CH

- Azza, Y.**, Clark, I., Rosemann, S., Schwab, P., Müller, S., Karlen, W., Vetter, S., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, May). Schlaf als Praediktor von Intrusionen? *36st Symposium der Fachgruppe Klinische Psychologie und Psychotherapie*, Landau, DE
- Azza, Y.**, Guarnieri, T., Feinaigle, P., Seifritz, E. & Kleim, B. (2017, September). Poor quality sleep reduces resilience, but social networks may act as a buffer: A prospective daily diary study in at risk- individuals. *3rd international Symposium on Resilience Research*, Mainz, DE
- Azza, Y.**, Wilhelm, I. & Kleim, B. (2017, August). The Role of Sleep in the Early Aftermath of Traumatic Events: A Review. *International Radboud Summer School: Stress and Cognition*, Nijmegen, NL