



Curriculum Vitae

Prof. Dr. Inken Höller, M. Sc. Psychologist
Licensed Psychological Psychotherapist (CBT)

Department of Clinical Psychology and Psychotherapy
Charlotte Fresenius University of Psychology

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GoogleScholar:
<https://scholar.google.de/citations?user=NkRS4MsAAAAJ&hl=de>

University education

2011-2015	Bachelor of Science (Psychology) Eberhard Karls University of Tübingen
2015-2017	Master of Science (Psychology) Heinrich-Heine-University Düsseldorf
2022	Doctorate (Dr. phil) Dissertation: From Ideation to Action – Analyses of Predictors of Suicidal Ideation and Behavior Grade: summa cum laude

Psychotherapeutic education

2018-2021	Training as a psychological psychotherapist with a focus on cognitive behavioral therapy (CBT) Academy for Applied Psychology and Psychotherapy (APP), Cologne
2021	Licensed as a psychological psychotherapist with expertise in behavioral therapy and group psychotherapy as well as exercise and suggestive methods
2021-2022	Supplementary qualification for child and adolescent psychotherapy with a focus on cognitive behavioral therapy (CBT)

Clinical-therapeutic activities

2017-2018	Psychologist in the protected ward in the Fliedner Hospital, Ratingen
2019-2021	Occupation as psychotherapist as part of the training to become a PPT in the psychotherapeutic practice Bordeaux, Düsseldorf
Since 2021	Occupation as psychotherapist in private practice, Düsseldorf

2021-2022 **Occupation as an outpatient psychotherapist for children and youth within the framework of the supplementary qualification**
in the psychotherapeutic practice Gemmer and the MVZ
Psychotherapie am Zoo, Düsseldorf

Scientific activities

2019-2023 **Research assistant**
Department of Clinical Psychology and Psychotherapy at the
University of Duisburg-Essen

2022-2023 **Research Assistant (Postdoc)**
Department of Clinical Psychology and Psychotherapy at the
University of Duisburg-Essen

Since 2023 **Professorship for Clinical Psychology and Psychotherapy**
at the Charlotte Fresenius University of Psychology, Düsseldorf

2024 **Research Stay at Harvard University**
as part of an international cooperation project funded by the
DFG

Academic self-administration

2019-2023 **Initiator and director of the doctoral colloquium**
"PsyDocs"
of the Institute of Psychology at the University of Duisburg-Essen

2020-2023 **Reviews of ethics applications for the ethics committee**
of the Institute of Psychology at the University of Duisburg-Essen

2020-2022 **Member of the professorship appointment committee**
at the University of Duisburg-Essen for the W2 professorship
"Clinical-Psychological Intervention"

2020-2022 **Mentee in the one-to-one mentoring program *mentoring*³**
Research Academy Ruhr

03/2021-03/2023 **Substitute member of the Commission for Teaching,
Studies and Continuing Education**
of the University of Duisburg-Essen

2022-2023 **Member of the doctoral committee**
of the Faculty of Education at the University of Duisburg-Essen

2022-2022 **Member of the habilitation committee**
of the Faculty of Education at the University of Duisburg-Essen

2022 **Reviewer for the poster award**
in the context of the 1st German Psychotherapy Congress of the
DGPS

2022-2023 **Member of the Faculty Board**
of the Faculty of Education at the University of Duisburg-Essen

2022-2023 **Member of the Examination Board M. Sc. Clinical
Psychology and Psychotherapy**
at the Institute of Psychology at the University of Duisburg-Essen

- Since 2024 **Member of the Examination Board B. Sc. Psychology and M. Sc. Clinical Psychology and Psychotherapy** at the Charlotte Fresenius Hochschule
- Since 2024 **Member of the professorship appointment committee** for the Charlotte Hochschule for the W3 professorship "Psychological Diagnostics and Differential Psychology"

Further education

- 2019 **Workshop „Mehrebenenanalyse mit MPlus und R“**
- 2019-2022 **Multiple classes in the field of didactics and teaching** by the Didactic Certificate Program for Higher Education NRW of the University of Duisburg-Essen
- 2022 **Didactic Certificate for Higher Education of North Rhine-Westphalia**
- 2021 **Group coaching: „Führungskompetenz weiter-/entwickeln“**
- 2022 **Train-the-Trainer on the topic of research data management**
within the framework of the BMBF-funded project FDMentor under the direction of Dr. Sven Paßmann
- 2023 **Research Data Management Badge**
as part of the FDM curriculum of the Duisburg-Essen University Library in the Research Data Services network

Third-party funding and scientific awards

- 2021 **Program for the Promotion of Excellent Young Scientists at the University of Duisburg-Essen**
PI: Dr. Dajana Rath (on parental leave since 09/2021)
Deputy Project Management: Dr. Inken Höller
- 2022 **DGVT Sponsorship Award for Outstanding Young Achievement**
in the field of the development of behavior therapy of the German Society for Behavior Therapy
- 2022 **University-internal first proposal funding of the DFG incentive system**
of the University of Duisburg-Essen
PI: Dr. Inken Höller
- Since 2022 **Member of the scientific DFG network**
on "Diagnosis and prevention of suicidality in childhood and adolescence"
PI: Prof. Dr. Aleksandra Kaurin; KA 5142/2-1
- Since 2023 **DFG-international cooperation initiation**
with Prof. Dr. Matthew Nock, Harvard University
PI: Dr. Inken Höller; HO 7493/1-1

Since 2023

**Program for the Promotion of Excellent Young Scientists
at the University of Duisburg-Essen**
PI: Dr. Inken Höller

Editing and ad-hoc reviewer activities

Editor activity	<ul style="list-style-type: none">· Clinical Psychological Science (Consulting Editor)
Peer reviewer of the following international journals:	<ul style="list-style-type: none">· Clinical Psychology in Europe· BMC Psychiatry· Scientific Reports· The Journal of Crisis Intervention and Suicide Prevention· Neuropsychiatric Disease and Treatment· Suicide and Life-Threatening Behavior· Psychology Research and Behavior Management· BMJ Open· Psychiatry Research· Psychiatry Research Communication· Health Expectations· Brain Sciences· International Journal of Environmental Research and Public Health· PLOS One· Cognition and Emotion· Journal of Clinical Nursing· Evidence-Based Mental Health· Journal of Clinical Medicine· Death Studies· The Lancet Psychiatry
Reviewer activity for an open-access test portal	<ul style="list-style-type: none">· Psychometrikon
Review activities in the context of peer review procedures for the allocation of third-party funds	<ul style="list-style-type: none">· Schweizerischer Nationalfonds (SNF)
Further review activities	<ul style="list-style-type: none">· Posterprice at the German Psychotherapy Congress, 2023· Sponsorship award of the Clinical Psychology Division, 2024

Publication List

Monographs

Höller, I. (2022). From Ideation to Action – Analyses of Predictors of Suicidal Ideation and Behavior (Dissertation). <https://nbn-resolving.org/urn:nbn:de:hbz:465-20220412-094046-4>

Peer-reviewed journal articles

1. **Höller, I.**, Teismann, T., Cwik, J. C., Glaesmer, H., Spangenberg, L., Hallensleben, N., Paashaus, L., Rath, D., Schönfelder, A., Juckel, G., Forkmann, T. (2020). Short Defeat and Entrapment Scale: A psychometric Investigation in three German Samples. *Comprehensive Psychiatry*, *98*, 152-160. DOI: 10.1016/j.comppsy.2020.152160.
- 2020 2. Lucht, L.*, **Höller, I.***, Forkmann, T., Teismann, T., Schönfelder, A., Rath, D., Paashaus, L., Stengler, K., Juckel, G., Glaesmer, H. (2020) Validation of the Motivational Phase of the Integrated Motivational-Volitional Model of Suicidal Behavior in a German high-risk Sample. *Journal of Affective Disorders*, *274*, 871-879. DOI: 10.1016/j.jad.2020.05.079 (* denotes first shared authorship)
3. Stenzel, J.-S., **Höller, I.**, Rath, D., Hallensleben, N., Spangenberg, L., Glaesmer, H., Forkmann, T. (2020). Do feelings of defeat and entrapment change over time? An investigation of the Integrated Motivational – Volitional Model of Suicidal Behavior using Ecological Momentary Assessments. *International Journal of Environmental Research and Public Health*, *17*(13), 4685, DOI: 10.3390/ijerph17134685.

4. **Höller, I.**, Stenzel, J. S., Rath, D., & Forkmann, T. (2021). Listen to Your Heart– Ecological Momentary Assessment of Interoceptive Accuracy, Awareness and Sensibility: A Pilot Study. *International Journal of Environmental Research and Public Health*, *18*(9), 4893. DOI: 10.3390/ijerph18094893
- 2021 5. **Höller, I.**, Teismann, T., Glaesmer, H., & Forkmann, T. (2021) Deutsche Version der Short Defeat and Entrapment Scale – Testmanual. *Psychometrikon*
6. Rath, D., Teismann, T., **Höller, I.**, Glaesmer, H., Paashaus, L., Schönfelder, A., Juckel, G., & Forkmann, T. (2021). Predicting suicidal ideation in a longitudinal high-risk sample: Multilevel analyses and 12-month trajectories. *Journal of Clinical Psychology*, *77*(10), 2353-2369. DOI: 10.1002/jclp.23159

7. **Höller, I.**, Rath, D., Teismann, T., Glaesmer, H., Lucht, L., Paashaus, L., Schönfelder, A., Juckel, G., & Forkmann, T. (2022). Defeat, entrapment, and suicidal ideation: Twelve- month trajectories. *Suicide and Life- Threatening Behavior*, *52*(1), 69-82. DOI: 10.1111/sltb.12777
8. **Höller, I.** & Forkmann, T. (2022) Brief Self-Report Measure of Agitation: A Psychometric Investigation in a German Sample, *Journal of Personality Assessment*, *104*(1), 110-121. DOI: 10.1080/00223891.2021.1912057
- 2022 9. **Höller, I.**, & Forkmann, T. (2022). Ambivalent Heroism? – Cross-sectional Examination of Psychological Burden and Suicidal Ideation in German Nurses during the Covid-19 Pandemic. *Nursing Open*, *9*(1), 785-800. DOI: 10.1002/nop.2.11
10. **Höller, I.**, Teismann, T., & Forkmann, T. (2022). Perseverative Thinking about Suicide Questionnaire (PTSQ): Validation of a new measure to assess suicide-specific rumination. *Comprehensive Psychiatry*, *112*, 152287. DOI: 10.1016/j.comppsy.2021.152287

11. **Höller, I.**, Forkmann, T., Hündlings, A., Specka, M., & Scherbaum, N. (2022). Hilfsbedarf und soziale Unterstützung bei psychisch erkrankten Elternteilen mit minderjährigen Kindern. *Psychiatrische Praxis*. DOI: 10.1055/a-1704-6391
12. **Höller, I.**, Forkmann, T., Natrop, L., Hündlings, A., Specka, M., & Scherbaum, N. (2022). Psychological Abnormalities in Children from the Perspective of Parents with a Mental Disorder. *Psychotherapie, Psychosomatik, Medizinische Psychologie*. DOI: 10.1055/a-1725-8324
13. **Höller, I***, Schreiber, D.*, Bos, F., Forkmann, T., Teismann, T., & Margraf, J. (2022). The Mereology of Depression—Networks of Depressive Symptoms during the Course of Psychotherapy. *International Journal of Environmental Research and Public Health*, 19(12), 7131. (* denotes first shared authorship)
14. **Höller I**, Kremers A, Schreiber D, Forkmann T (2022) Trapped in my inner prison—Cross-sectional examination of internal and external entrapment, hopelessness and suicidal ideation. *PLoS ONE* 17(7): e0270985. <https://doi.org/10.1371/journal.pone.0270985>
15. Forkmann, T., Schwitzky, S., Plein, L., Rath, D., Teismann, T., & **Höller, I.** (2022). Die deutsche Version der Interpersonal Hopelessness Scale (IHS). *Verhaltenstherapie*, 1-10. DOI: 10.1159/000522304
16. Roland, L., **Höller, I.**, Forkmann, T., Glaesmer, H., Paashaus, L., Schönfelder, A., ... & Rath, D. (2022). Suicidal behavior in the social environment: Does exposure moderate the relationship between an individual's own suicidal ideation and behavior?. *Clinical Psychology & Psychotherapy*. DOI: 10.1002/cpp.2709
17. Brüdern, J., Hallensleben, N., **Höller, I.**, Spangenberg, L., Forkmann, T., Rath, D., ... & Glaesmer, H. (2022). Sleep disturbances predict active suicidal ideation the next day: an ecological momentary assessment study. *BMC Psychiatry*, 22(1), 1-7. DOI: 10.1186/s12888-022-03716-6

2023

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18. Dienst, F., Forkmann, T., Rath, D., & **Höller, I.** (2023). Attachment and Need to Belong as Moderators of the Relation between Thwarted Belongingness and Suicidal Ideation. *BMC Psychology*, 11:50. DOI: 10.1186/s40359-023-01080-y
 19. Forkmann, T. & **Höller, I.** (2023). Instability matters. *The Lancet Psychiatry*. DOI: 10.1016/S2215-0366(23)00101-3
 20. Tegethoff, J.-L., Forkmann, T., & **Höller, I.** (2023). Resilienz als Motivationaler Moderator im Integrativem motivational-volitionalem Modell suizidalen Verhaltens. *Verhaltenstherapie*. DOI: [10.1159/000531430](https://doi.org/10.1159/000531430)
 21. Conrad, K., Forkmann, T., Schreiber, D., Teismann, T., Glaesmer, H., Spangenberg, L., ... & **Höller, I.** (2023). Understanding suicidal ideation—a network analysis of the Interpersonal Needs Questionnaire. *PLOS ONE*, 18(11), e0293026.
 22. **Höller, I.**, & Spangenberg, L. (2023). Study protocol for a feasibility study of micro interventions in smartphone-based assessments to reduce depressive rumination. *BMJ Open* 13(12). DOI: [10.1136/bmjopen-2023-076031](https://doi.org/10.1136/bmjopen-2023-076031)

2024

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23. **Höller, I.**, Forkmann, T., Glaesmer, H., Teismann, T., Spangenberg, L., Hallensleben, N., Schreiber, D., Kraiss, J. (2024). Torn between living or dying –
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Analyses of influencing factors on suicide ambivalence and its longitudinally impact on suicidal behavior. *Suicide and Life Threatening Behavior*

24. Ramos-Vera, C., Calle, D., Quispe-Callo, G. R., **Höller, I.**, Forkmann, T., Ordóñez-Carrasco, J., ... & Saintila, J. (2024). Sex differences in entrapment in a multinational sample: A network analysis perspective. *Frontiers in Psychiatry, 15*, 1321207.
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Invited lectures & workshops

Höller, I. (Februar 2023). Ich bin dann mal weg – Suizidalität besser verstehen. Vortrag am 3. Kölner Famsymposium „Studieren mit psychischen Erkrankungen und Belastungen“, Universität zu Köln.

Höller, I. (Februar 2023). Erkennen und Handeln – Umgang mit Suizidalität“; Workshop am 3. Kölner Fachsymposium „Studieren mit psychischen Erkrankungen und Belastungen“, Universität zu Köln.

Höller, I. (Oktober 2023). Assistierter Suizid (Vortrag, Diskussionsrunde, Workshop); Akkreditierte Fortbildung für Psychotherapeut:innen über die Psychotherapeutenkammer NRW, Kölner Studierendenwerk

Höller, I. (November 2023). Der Einfluss von Krisen auf die Entwicklung von Suizidalität – Ein Einblick in aktuelle Suizidalitätsforschung (Vortrag); Fachsymposium Psychologische Beratung von Studierenden in Krisenzeiten bzw. beängstigenden Zeiten, Berlin

Organized symposia

Höller, I. (März 2023). „Suizidalität besser verstehen“, 32. Konferenz der Deutschen Gesellschaft für Verhaltenstherapie (DFG) für Klinische Psychologie, Psychotherapie und Beratung, Berlin

Höller, I. & Homan, S. (Mai 2023). „Suizidales Erleben und Verhalten: Personalisieren therapeutischer Interventionen möglich?“, 2. Deutscher Psychotherapiekongress der DGPS, Berlin

Höller, I. & Zarski, (Juni 2024). „Easy Treatment? Licht und Schatten beim Einsatz digitaler psychotherapeutischer Interventionen“, 3. Deutscher Psychotherapiekongress der DGPS, Berlin

Höller, I. & Brüdern, J. (Juni 2024). „Licht am Ende des Tunnels? – Innovative Ansätze zur Vorhersage und Einschätzung von Suizidalität“, 3. Deutscher Psychotherapiekongress der DGPS, Berlin

Höller, I. & Brüdern, J. (Juni 2024). „Wo Schatten ist, da ist auch Licht– Der Einfluss von Risiko- und Schutzfaktoren auf suizidale Gedanken“, 3. Deutscher Psychotherapiekongress der DGPS, Berlin

Höller, I. & Rath, D. (August 2024). Light at the end of the tunnel? - Innovative approaches to assessing, analysing, and predicting suicidality and depressiveness, 20th European Symposium on Suicide and Suicidal Behaviour, Rom

Congress contributions

Höller, I. (September 2019). „Short defeat and entrapment scale: A psychometric investigation in three German samples“ (Posterbeitrag), 30th World Congress of the International Association for Suicide Prevention, Irland

Höller, I. (März 2021). „Listen to your heart – Ecological momentary assessment of interoceptive accuracy, awareness and sensibility” (Vortrag), 38. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Deutschland

Höller, I. (Juni 2021). „Mobile technology, multilevel modelling, and theory based predictions: Progress in improving our understanding of suicidal ideation“ (Vortrag) Society for Ambulatory Assessment Conference 2021; Schweiz

Höller, I. (Juni 2022). „Netzwerke depressiver Symptome vor und nach kognitiver Verhaltenstherapie“ (Posterbeitrag), 1. Deutscher Psychotherapiekongress 2022 der DGPs, Deutschland

Höller, I. (Juni 2022). „Networks of depressive symptoms and suicide risk factors before and after CBT” (Vortrag), Society for Ambulatory Assessment Conference 2022, USA

Höller, I. (August 2022). „Networks of depressive symptoms and suicide risk factors before and after CBT” (Vortrag), 19th European Symposium on Suicide and Suicidal Behaviour, Dänemark

Höller, I. (September 2022). „Providing help when needed – A Pilot Study of Assessing and Treating Rumination in Real Time” (Posterbeitrag), ESM Network Meeting 2022, Belgien

Höller, I. (März 2023). „Vom Gedanken zur Tat – Überblick zur aktuellen Suizidalitätsforschung“ (Vortrag), 32. DGVT-Kongress für Klinische Psychologie, Psychotherapie und Beratung, Deutschland

Höller, I. (Mai 2023). „Das innere Gefängnis – Der Zusammenhang von internalem Entrapment und Suizidgedanken und die Möglichkeit von Interventionsansätzen in Echtzeit“ (Vortrag), 2. Deutscher Psychotherapiekongress der DGPs, Deutschland

Höller, I. (Juni 2023). „Providing help when needed – A pilot study of assessing and treating rumination in real time“ (Poster), Society for Ambulatory Assessment Conference 2023, Holland

Höller, I. (September 2023). „Positive self-appraisal as a resilience factor and motivational moderator in the Integrative Motivational-Volitional Model of Suicidal Behavior“ (Vortrag), The International Association for Suicide Prevention World Congress 2023, Slowenien

Höller, I. (Juni 2024). „ACT – A feasibility study of microinterventions in smartphone-based assessments to reduce depressive rumination” (Vortrag), Society for Ambulatory Assessment Conference 2024, USA

Höller, I. (Juni 2024). „ACT (Action Changes Things) – Machbarkeitsstudie zum Einsatz von Mikrointerventionen in einem Smartphonebasierten-Setting“ (Vortrag), 3. Deutscher Psychotherapiekongress der DGPs, Deutschland

Höller, I. (Juni 2024). „Suizidvorhersage jenseits der Einheitslösung: Untersuchung idiografischer Assoziationen von Risikofaktoren für Suizid in einer psychiatrischen Hochrisikostichprobe“ (Vortrag), 3. Deutscher Psychotherapiekongress der DGPs, Deutschland

Höller, I. (August 2024). „Torn between living or dying - Analyses of influencing factors on suicide ambivalence and its longitudinally impact on suicidal ideation and behavior in a high-risk sample” (Poster), 20th European Symposium on Suicide and Suicidal Behaviour, Italien

Höller, I. (August 2024). „Beyond one-size fits all suicide prediction: studying idiographic associations of risk factors for suicide in a high-risk psychiatric sample“ (Vortrag), 20th European Symposium on Suicide and Suicidal Behaviour, Italien

Höller, I. (November 2024). „Erfahrungen und Einstellungen von Psychotherapeut:innen zu assistiertem Suizid“ (Vortrag), DGPPN Kongress, Deutschland