

CURRICULUM VITAE



Name: Dr. rer. nat. Thole H. Hoppen

Work address: Universität Göttingen, Goßlerstr. 14, 37073 Göttingen
Universität Münster, Fliednerstr. 21, 48149 Münster

Contact: thole.hoppen@uni-goettingen.de; sowie: thoppen@uni-muenster.de

Websites: <https://www.psych.uni-goettingen.de/de/clinical/team/thole-hoppen>
<https://www.uni-muenster.de/PsyIFP/AEMorina/Team/Hoppen.shtml>

Google Scholar: <https://scholar.google.de/citations?hl=de&user=mA7qSBIAAAJ>; h-index = 17; i10-index = 23

Personal details

Born on 31.05.1992 in Aurich (Germany), married, 1 child (*2020)

Academic career

since 01.10.2025 **Acting chair Department of Clinical Psychology & Psychotherapy**, University of Göttingen, GER
(during this time as Chair in Göttingen, on leave at University of Münster)

since 2020 **Postdoctoral researcher at the Institute of Psychology**, University of Münster, GER

2017 – 2020 **Ph.D. student at the Institute of Psychology (summa cum laude)**, University of Münster, GER
Thesis: „*Posttraumatic Stress Disorder: Are High-quality Trials on the Efficacy of Psychological Interventions Associated with Lower Treatment Effects and Does Comparative Thinking Represent a Maintenance Factor?*“

2016 – 2017 **M.Sc. Clinical Psychology (cum laude)**, University of Leiden, NL

2015 – 2016 **M.Sc. Affective Disorders (distinction)**, King's College London, UK

2013 – 2015 **Honours College, extracurricular multidisciplinary degree**, University of Groningen, NL

2012 – 2015 **B.Sc. Psychology (cum laude)**, University of Groningen, NL

Psychotherapeutic qualifications

2023 **Licensed psychotherapist (CBT)**, IPP Münster, Münster, GER

2023 **Licensed Group Psychotherapist (CBT)**, IPP Münster, Münster, GER

Academic work experience

since 01.10.2025 **Acting chair Department of Clinical Psychology & Psychotherapy**, University of Göttingen, GER

since 2022 **Coordinator of trauma outpatient clinic**, Institute of Psychology, University of Münster, GER

since 2018 **Researcher and lecturer at the Institute of Psychology**, University of Münster, GER

Psychotherapeutic work experience

since 2022 **Coordinator of psychotherapy trials (randomized controlled trials)**, Institute of Psychology, University of Münster, GER

2019-2023 **Outpatient psychotherapy as part of the psychotherapist training**, IPP Münster, Münster, GER

2017-2018 **Inpatient psychotherapy as part of the psychotherapist training**, Kliniken Essen-Mitte (KEM), Essen, GER

Selected publications / TOP 10

2025 **Hoppen, T. H.***, Cuno, R.* (*contributing equally), Nelson, J., Lemmel, F., Schlechter, P., & Morina, N. (2025). Meta-analysis of randomized controlled trials examining social comparison as a behaviour change technique across the behavioural sciences. *Nature Human Behaviour*, 9, 1595–1612. doi: [10.1038/s41562-025-02209-2](https://doi.org/10.1038/s41562-025-02209-2)

2025 **Hoppen, T. H.**, Wessarges, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., Meiser-Stedman, R. & Morina, N. (2025). Psychological Interventions for Child and Adolescent PTSD: A Network Meta-Analysis. *JAMA Psychiatry*, 82(2), 130–141. doi: [10.1001/jamapsychiatry.2024.3908](https://doi.org/10.1001/jamapsychiatry.2024.3908)

2025 **Hoppen, T. H.**, Wessarges, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., Meiser-Stedman, R. & Morina, N. (2025). Efficacy of psychological interventions for multiple-event-related PTSD in children and adolescents: a network meta-analysis. *World Psychiatry*, 24(1), 144–145. doi: [10.1002/wps.21291](https://doi.org/10.1002/wps.21291)

2024 **Hoppen, T. H.**, Meiser-Stedman, R., Kip, A., Birkeland, M. S., & Morina, N. (2024). The efficacy of psychological interventions for adult post-traumatic stress disorder following exposure to single versus multiple traumatic events: a meta-analysis of randomised controlled trials. *Lancet Psychiatry*, 11(2), 112–122. doi: [10.1016/S2215-0366\(23\)00373-5](https://doi.org/10.1016/S2215-0366(23)00373-5)

2023 **Hoppen, T. H.**, Jehn, M., Holling, H., Mutz, J., Kip, A., & Morina, N. (2023). The efficacy and acceptability of psychological interventions for adult PTSD: A network and pairwise meta-analysis of randomized controlled trials. *Journal of Consulting and Clinical Psychology*, 91(8), 445–461. doi: [10.1037/ccp0000809](https://doi.org/10.1037/ccp0000809) APA Editor's Choice Juli 2023

2023 **Hoppen, T. H.**, & Morina, N. (2023). Psychological interventions for adult PTSD are effective irrespective of concurrent psychotropic medication intake: A meta-analysis of randomized controlled trials. *Psychotherapy and Psychosomatics*, 92(1), 27-37. doi: [10.1159/000527850](https://doi.org/10.1159/000527850)

2022 **Hoppen, T. H.**, Lindemann, A. S., & Morina, N. (2022). Safety of psychological interventions for adult post-traumatic stress disorder: meta-analysis on the incidence and relative risk of deterioration, adverse events and serious adverse events. *British Journal of Psychiatry*, 221(5), 658-667. doi: [10.1192/bj.p.2022.111](https://doi.org/10.1192/bj.p.2022.111)

2021 **Hoppen, T. H.**, Priebe, S., Vetter, I., & Morina, N. (2021). Global burden of post-traumatic stress disorder and major depression in countries affected by war between 1989 and 2019: A systematic review and meta-analysis. *BMJ Global Health*, 6(7), e006303. doi: [10.1136/bmigh-2021-006303](https://doi.org/10.1136/bmigh-2021-006303)

2020 **Hoppen, T. H.** & Morina, N. (2020). Is high-quality of trials associated with lower treatment efficacy? A meta-analysis on the association between study quality and effect sizes of psychological interventions for pediatric PTSD. *Clinical Psychology Review*, 78, 101855. doi: [10.1016/j.cpr.2020.101855](https://doi.org/10.1016/j.cpr.2020.101855)

2018 **Hoppen, T. H.** & Chalder, T. (2018). Childhood adversity as a transdiagnostic risk factor for affective disorders in adulthood: A systematic review focusing on biopsychosocial moderating and mediating variables. *Clinical Psychology Review*, 65, 81-151. doi: [10.1016/j.cpr.2018.08.002](https://doi.org/10.1016/j.cpr.2018.08.002)

All publications (peer-reviewed)

in press **Hoppen, T. H.***, Lindemann, A. S.* , Höfer, L.* (*contributing equally), Kip, A., & Morina, N. (in press). Efficacy of psychological interventions for adult PTSD in reducing comorbid depression: Systematic review and meta-analysis of randomized controlled trials. *British Journal of Psychiatry*. doi: [10.1192/bj.p.2025.10345](https://doi.org/10.1192/bj.p.2025.10345)

in press **Hoppen, T. H.**, Morina, N., Aas, M., & Mutz, J. (in press). Lifetime non-relational traumatic experiences are associated with biological ageing. *GeroScience*. doi: [10.1007/s11357-026-02110-4](https://doi.org/10.1007/s11357-026-02110-4)

in press Mutz, J., Di Benedetto, L., **Hoppen, T. H.**, Morina, N., & Aas, M. (in press). Sex differences in associations between adversity and biological ageing. *Aging Cell*.

in press Schlechter, P., Meyer, T., Kerneck, L., Schulze Mengering, P., **Hoppen, T. H.**, König, M., & Morina, N. (in press). Comparative Thinking and Clinical Social Anxiety: Within- and Between-Person Effects in a Daily Ecological Momentary Assessment Study and a Four-Wave Longitudinal Study. *Clinical Psychological Science*.

in press Schlechter, P., Meyer, T., **Hoppen, T. H.**, & Morina, N. (in press). Development and Initial Validation of the Social Impression Comparison Scale (SICS). *Journal of Personality Assessment*. doi: [10.1080/00223891.2025.2581668](https://doi.org/10.1080/00223891.2025.2581668)

2026 Schlechter, P., **Hoppen, T. H.**, & Morina, N. (2026). Major Life Events, Well-Being Comparisons, and Mental Health Outcomes: A Four-Wave Longitudinal Study. *Journal of Affective Disorders*, Volume 394, Part A, 120526. doi: [10.1016/j.jad.2025.120526](https://doi.org/10.1016/j.jad.2025.120526)

2025 **Hoppen, T. H.***, Cuno, R.* (*contributing equally), Nelson, J., Lemmel, F., Schlechter, P., & Morina, N. (2025). Meta-analysis of randomized controlled trials examining social comparison as a behaviour change technique across the behavioural sciences. *Nature Human Behaviour*, 9, 1595–1612. doi: [10.1038/s41562-025-02209-2](https://doi.org/10.1038/s41562-025-02209-2)

2025 **Hoppen, T. H.**, Wessarges, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., Meiser-Stedman, R. & Morina, N. (2025). Psychological Interventions for Child and Adolescent PTSD: A Network Meta-Analysis. *JAMA Psychiatry*, 82(2), 130–141. doi: [10.1001/jamapsychiatry.2024.3908](https://doi.org/10.1001/jamapsychiatry.2024.3908)

2025 **Hoppen, T. H.**, Wessarges, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., Meiser-Stedman, R. & Morina, N. (2025). Efficacy of psychological interventions for multiple-event-related PTSD in children and adolescents: a network meta-analysis. *World Psychiatry*, 24(1), 144–145. doi: [10.1002/wps.21291](https://doi.org/10.1002/wps.21291)

2025 Lemmel, F., **Hoppen, T. H.**, & Morina, N. (2025). Long-term effects of social norm interventions on pro-environmental behaviours: a systematic review and meta-analysis. *Journal of Environmental Psychology*, 107, 102784. doi: [10.1016/j.jenvp.2025.102784](https://doi.org/10.1016/j.jenvp.2025.102784)

2025 Kip, A., **Hoppen, T. H.**, Tam, K.-P., Bryant, R., Lowe, S. R., & Morina N. (2025). Prevalence of common mental disorders in survivors of natural hazards – a meta-analytic comparison of exposed vs. non-exposed samples. *Journal of Environmental Psychology*, 106, 102690. doi: [10.1016/j.jenvp.2025.102690](https://doi.org/10.1016/j.jenvp.2025.102690)

2025 Schlechter, P., Churbaji, D, **Hoppen, T. H.**, & Morina, N. (2025). A Transdiagnostic Investigation of Social and Temporal Comparisons and their Differential Effects on Mental Health Outcomes and Well-being. *International Journal of Clinical and Health Psychology*, 25(3), 100611. doi: [10.1016/j.ijchp.2025.100611](https://doi.org/10.1016/j.ijchp.2025.100611)

2025 Nolting, I, Morina, N., **Hoppen, T. H.**, Tam, K.-P., & Kip, A. (2025). A meta-analysis on gender differences in prevalence estimates of mental disorders following exposure to natural hazards. *European Journal of Psychotraumatology*, 16(1), 2476809. doi: [10.1080/20008066.2025.2476809](https://doi.org/10.1080/20008066.2025.2476809)

2025 Kip, A., Ritter, L., **Hoppen, T. H.**, Papola, D., Ostuzzi, G., Barbui, C., & Morina N. (2025). Psychological interventions for adult posttraumatic stress disorder: A systematic review of published meta-analyses. *Journal of Anxiety Disorders*, 112, 103017. doi: [10.1016/j.janxdis.2025.103017](https://doi.org/10.1016/j.janxdis.2025.103017)

2024 **Hoppen, T. H.**, Meiser-Stedman, R., Kip, A., Birkeland, M. S., & Morina, N. (2024). The efficacy of psychological interventions for adult post-traumatic stress disorder following exposure to single versus multiple traumatic events: a meta-analysis of randomised controlled trials. *Lancet Psychiatry*, 11(2), 112–122. doi: [10.1016/S2215-0366\(23\)00373-5](https://doi.org/10.1016/S2215-0366(23)00373-5)

2024 Morina, N., Meyer, T., McCarthy, P., **Hoppen, T. H.**, & Schlechter, P. (2024). Evaluation of the Scales for Social Comparison of Appearance (SSC-A) and Social Comparison of Well-being (SSC-W). *Journal of Personality Assessment*, 106(5), 625–637. doi: [10.1080/00223891.2023.2298887](https://doi.org/10.1080/00223891.2023.2298887)

2024 Schlechter, P., **Hoppen, T. H.**, & Morina, N. (2024). Associations among post-traumatic stress disorder symptoms, life-satisfaction, and well-being comparisons: A longitudinal investigation. *Journal of Traumatic Stress*, 37(3), 448–459. doi: [10.1002/jts.23018](https://doi.org/10.1002/jts.23018)

2023 **Hoppen, T. H.**, & Morina, N. (2023). Psychological interventions for adult PTSD are effective irrespective of concurrent psychotropic medication intake: A meta-analysis of randomized controlled trials. *Psychotherapy and Psychosomatics*, 92(1), 27-37. doi: [10.1159/000527850](https://doi.org/10.1159/000527850)

2023 **Hoppen, T. H.**, Kip., A., & Morina, N. (2023). Are psychological interventions for adult PTSD more efficacious and acceptable when treatment is delivered in higher frequency? A meta-analysis of randomized controlled trials. *Journal of Anxiety Disorders*, 95, 102684. doi: [10.1016/j.janxdis.2023.102684](https://doi.org/10.1016/j.janxdis.2023.102684)

2023 **Hoppen, T. H.**, Jehn, M., Holling, H., Mutz, J., Kip., A., & Morina, N. (2023). The efficacy and acceptability of psychological interventions for adult PTSD: A network and pairwise meta-analysis of randomized controlled trials. *Journal of Consulting and Clinical Psychology*, 91(8), 445–461. doi: [10.1037/ccp0000809](https://doi.org/10.1037/ccp0000809) **APA Editor's Choice Juli 2023**

2023 **Hoppen, T. H.**, Meiser-Stedman, R., Jensen, T. K., Birkeland, M. S., & Morina, N. (2023). The efficacy of psychological interventions for PTSD in children and adolescents exposed to single vs. multiple traumas. Meta-analysis of randomized controlled trials. *British Journal of Psychiatry*, 222(5), 196-203. doi: [10.1192/bjp.2023.24](https://doi.org/10.1192/bjp.2023.24)

2023 Morina, N., Kampmann, I., Emmelkamp, P., Barbui, C., & **Hoppen, T. H.** (2023). Meta-analysis of virtual reality exposure therapy for social anxiety disorder. *Psychological Medicine*, 53(5), 2176–2178. doi: [10.1017/S0033291721001690](https://doi.org/10.1017/S0033291721001690)

2023 Schlechter, P.* , **Hoppen, T. H.*** (*contributing equally) & Morina, N. (2023). Counterfactual comparisons and affective styles in the aftermath of traumatic events. *Current Psychology*, 2, 32147–32156. doi: [10.1007/s12144-022-04193-6](https://doi.org/10.1007/s12144-022-04193-6)

2022 **Hoppen, T. H.**, Schlechter, P., Arntz, A., Rameckers, S. A., Ehring, T., & Morina, N. (2022). A brief measure of guilt and shame: Validation of the Guilt and Shame Questionnaire (GSQ-8). *European Journal of Psychotraumatology*, 13(2), 2146720. doi: [10.1080/20008066.2022.2146720](https://doi.org/10.1080/20008066.2022.2146720)

2022 **Hoppen, T. H.**, Lindemann, A. S., & Morina, N. (2022). Safety of psychological interventions for adult post-traumatic stress disorder: meta-analysis on the incidence and relative risk of deterioration, adverse events and serious adverse events. *British Journal of Psychiatry*, 221(5), 658-667. doi: [10.1192/bjp.2022.111](https://doi.org/10.1192/bjp.2022.111)

2022 Grainger, L., Thompson, Z., Morina, N., **Hoppen, T. H.**, Meiser-Stedman, R. (2022). Associations between therapist factors and treatment efficacy in randomized controlled trials of trauma-focused cognitive behavioral therapy for children and youth: A systematic review and meta-analysis. *Journal of Traumatic Stress*, 35(5), 1405-1419. doi: [10.1002/jts.22840](https://doi.org/10.1002/jts.22840)

2022 Mutz, J., **Hoppen, T. H.**, Fabbri, C., & Lewis, C. M. (2022). Anxiety disorders and age-related changes in physiology. *British Journal of Psychiatry*, 221(3), 528-537. doi: [10.1192/bjp.2021.189](https://doi.org/10.1192/bjp.2021.189)

2021 **Hoppen, T. H.** & Morina, N. (2021). Efficacy of positive psychotherapy in reducing negative and enhancing positive psychological outcomes: A meta-analysis of randomised controlled trials. *BMJ Open*, e046017. doi: [10.1136/bmjopen-2020-046017](https://doi.org/10.1136/bmjopen-2020-046017)

2021 **Hoppen, T. H.**, Priebe, S., Vetter, I., & Morina, N. (2021). Global burden of post-traumatic stress disorder and major depression in countries affected by war between 1989 and 2019: A systematic review and meta-analysis. *BMJ Global Health*, 6(7), e006303. doi: [10.1136/bmigh-2021-006303](https://doi.org/10.1136/bmigh-2021-006303)

2021 **Hoppen, T. H.** & Morina, N. (2021). I'd do much better, if only ... counterfactual comparisons related to traumatic life events. *Cognition and Emotion*, 35(2), 409-416. doi: [10.1080/02699931.2020.1832967](https://doi.org/10.1080/02699931.2020.1832967)

2021 Morina, N.* , **Hoppen, T. H.*** (*contributing equally), & Kip, A. (2021). Study quality and efficacy of psychological interventions for posttraumatic stress disorder: A meta-analysis of randomized controlled trials. *Psychological Medicine*, 51(8), 1260-1270. doi: [10.1017/S0033291721001641](https://doi.org/10.1017/S0033291721001641)

2021 Morina, N., Kip, A., **Hoppen, T. H.**, Priebe, S. & Meyer, T. (2021). A potential impact of physical distancing on physical and mental health. A rapid narrative umbrella review of meta-analyses on the link between social connection and health. *BMJ Open*, 11, e042335. doi: [10.1136/bmjopen-2020-042335](https://doi.org/10.1136/bmjopen-2020-042335)

2020 **Hoppen, T. H.** & Morina, N. (2020). Is high-quality of trials associated with lower treatment efficacy? A meta-analysis on the association between study quality and effect sizes of psychological interventions for pediatric PTSD. *Clinical Psychology Review*, 78, 101855. doi: [10.1016/j.cpr.2020.101855](https://doi.org/10.1016/j.cpr.2020.101855)

2020 **Hoppen, T. H.**, Heinz-Fischer, I., & Morina, N. (2020). If only... A systematic review and meta-analysis of social, temporal and counterfactual comparative thinking in PTSD. *European Journal of Psychotraumatology*, 11, 1737453. doi: [10.1080/20008198.2020.1737453](https://doi.org/10.1080/20008198.2020.1737453)

2020 Morina, N., **Hoppen, T. H.**, & Priebe, S. (2020). Out of sight, out of mind: Refugees are just the tip of the iceberg. An illustration using the cases of depression and posttraumatic stress disorder. *Frontiers in Psychiatry*, 11(179). doi: [10.3389/fpsyg.2020.00179](https://doi.org/10.3389/fpsyg.2020.00179)

2019 **Hoppen, T. H.** & Morina, N. (2019). The prevalence of PTSD and major depression in the global population of adult war survivors: A meta-analytically informed estimate in absolute numbers. *European Journal of Psychotraumatology*, 10(1), 1578637. doi: [10.1080/20008198.2019.1578637](https://doi.org/10.1080/20008198.2019.1578637)

2018 **Hoppen, T. H.** & Chalder, T. (2018). Childhood adversity as a transdiagnostic risk factor for affective disorders in adulthood: A systematic review focusing on biopsychosocial moderating and mediating variables. *Clinical Psychology Review*, 65, 81-151. doi: [10.1016/j.cpr.2018.08.002](https://doi.org/10.1016/j.cpr.2018.08.002)

Book chapters

2020 **Hoppen, T. H.** & Morina, N. (2020). *Psychotherapie: Praxis, Empirie und Theorie*. In Raspe, H., Hofer, H. G., Krohs, U. (Eds.), *Praxis und Wissenschaft. Fünf Disziplinen – eine Familie?* (pp. 61-87). Mentis. doi: [10.30965/9783957437556_004](https://doi.org/10.30965/9783957437556_004)

Preprints (not yet peer-reviewed)

2025 **Hoppen, T. H.**, Morina, N., Aas, M., & Mutz, J. (2025). Lifetime non-relational traumatic experiences and biological ageing. *medRxiv*. doi: [10.1101/2025.08.15.25333766](https://doi.org/10.1101/2025.08.15.25333766)

2025 **Hoppen, T. H.**, Cuno, R. M., Schlechter, P., & Morina, N. (2025). On the role of different publication bias adjustment methods in meta-analysis of social comparison as a behaviour change technique: A reply to Bartoš and colleagues. *OSF*. doi: [10.31219/osf.io/sh6tu_v1](https://doi.org/10.31219/osf.io/sh6tu_v1)

2025 Schlechter, P., **Hoppen, T. H.**, Blackwell, S. E., & Woud, M. L. (2025). Does Cognitive Bias Modification for Appraisals Change Symptom-Cognition Relations in PTSD? Evidence from Network Analysis in a Randomized Controlled Trial. doi: [10.31234/osf.io/7a9vm_v1](https://doi.org/10.31234/osf.io/7a9vm_v1)

2025 Aas, M., **Hoppen, T. H.**, Morina, N., Zhang, S., Li, B., Mlakar, V., & Mutz, J. (2025). Adverse events in both childhood and adulthood are associated with molecular, clinical and functional markers of ageing. *medRxiv*. doi: [10.1101/2025.06.03.2532874](https://doi.org/10.1101/2025.06.03.2532874)

2025 Mutz, J., Di Benedetto, L., **Hoppen, T. H.**, Morina, N., & Aas, M. (2025). Sex differences in associations between adversity and biological ageing. *medRxiv*. doi: [10.1101/2025.08.28.25334645](https://doi.org/10.1101/2025.08.28.25334645)

Teaching and supervision – University of Göttingen

since 2025 Module chair and examiner for the B.Sc. Psychology module “B.PSY.704: Clinical Psychology and Psychotherapy II”

since 2025 Lecture: “Basics of Clinical Psychological Interventions” (part of B.PSY.704, see above)

since 2025 Module chair M.Sc. Clinical Psychology and Psychotherapy Seminar:

since 2025 Seminar M.Sc. Clinical Psychology and Psychotherapy: “Professionally Qualifying Module II – Advanced Practice in Psychotherapy”

since 2025 Examiner for course examinations M.Sc. Clinical Psychology and Psychotherapy

since 2025 Supervision of M.Sc. thesis projects: 5 ongoing Theses (M.Sc. Clinical Psychology and Psychotherapy)

Teaching and supervision – University of Münster

since 2021 B.Sc. Psychology Seminar: “Basic clinical psychological skills using the example of post-traumatic stress disorders”. (Awarded with a teaching award 2024)

since 2020 B.Sc. Psychology Seminar: "Basic clinical psychological skills using the example of depressive disorders". (Awarded with a teaching award 2023)

since 2018 Supervision of M.Sc. thesis projects: 32 finished Theses; 9 ongoing Theses
 Supervision of B.Sc. thesis projects: 20 finished Theses; 7 ongoing Theses
 Supervised of PhD projects: 1 finished PhD project; 4 ongoing PhD projects

2025 B.Sc. Psychology Lecture: Psychological interventions (guest lecture on psychological interventions for PTSD in the lecture series of: Prof. Dr. Ulrike Buhlmann).

2023-2024 M.Sc. Clinical Psychology Seminar: Neuro-cognitive processes in selected mental disorders.

2022 B.Sc. Psychology Lecture: "Introduction to the history, conceptualizations, and theories of psychology and psychotherapy" (guest lecture in the lecture series of: Prof. Dr. Guido Hertel).

Teaching – University of Groningen, NL

2018 B.Sc. Psychology Lecture: „Theory of Science and Theory of Clinical Psychological Science“ (guest lecture in the course of: Prof. Dr. Stephan Schleim). University of Groningen, NL.

Memberships (academic committees and boards)

since 2024 Member of the Board for Academic Staff, University of Münster.

since 2024 Member of the Department Council and the Faculty Council, University of Münster.

since 2023 Founding member of the "METASYN" interest group (Meta-analytic conduct in psychotherapy research and evidence synthesis), DGPs.

since 2023 Member of the PhD Supervisor Award Committee, DGPs.

2024-2025 Member of the Committee for Promotion of Young Researchers, University of Münster.

2024-2025 Member of the Open Science Committee, Institute of Psychology, University of Münster.

2023-2024 Member of the Ethics Committee, Institute of Psychology, University of Münster.

2022-2024 Member of the PhD Council, Institute of Psychology, University of Münster.

2022-2024 Member of the Structural Board, Institute of Psychology, University of Münster.

since 2022 Interest group "Evidence-based personalized psychotherapy (ePePsy), DGPs.

2022-2023 Member of the Committee for appointing a (full) professor of Clinical Psychology and Psychotherapy (appointed: Prof. Timo Brockmeyer), University of Münster.

Ad hoc Reviewer

BMC Medicine; BMC Psychiatry; BMJ Open; Clinical Psychology Review; Current Psychology; Der Nervenarzt; Development and Psychopathology; Epidemiology and Psychiatric Sciences; European Journal of Psychotraumatology; Heliyon; JAMA Psychiatry; Journal of Clinical Psychology; Journal of Consulting and Clinical Psychology; Journal of Nervous and Mental Disease; Journal of Traumatic Stress; Nature Medicine; npj Digital Medicine; Psychological Medicine; Psychotherapy and Psychosomatics.

Scientific Awards

2024 Teaching award: Best block seminar (on PTSD), Institute of Psychology, University of Münster.

2023 Teaching award: Best clinical seminar (on depression), Institute of Psychology, University of Münster.

2022 Falk-von-Reichenbach Research Award (by DeGPT for psychotraumatology research), 1,500€.

Non-scientific Awards

2010 Youth Advancement Award from the City of Weener, Germany.

2010 Youth Advancement Award from the City Leer, Germany.

2010 Sports Achievements Award from the City of Weener (in Kickboxing), Germany.

Memberships (professional societies & chambers)

since 2025 Psychotherapist Chamber Lower Saxony (Lower Saxony, Germany)

since 2024 Münster Center for Open Science (MüCOS)

since 2023 Psychotherapist Chamber NRW (North Rhine-Westphalia, Germany)

since 2023 Member of the „Liste Aufbruch“, a party that is part of the Psychotherapist Chamber NRW

since 2022 Forum for Peace Psychology, GER

since 2022 German Society for CBT (DGVT)

2022-2023 German Association for Psychotherapists (DPtV)

since 2020 German-speaking Society for Psychotraumatology (DeGPT)

since 2020 European Society for Traumatic Stress Studies (ESTSS)

since 2020 German Society for Psychology (DGPs)

2016-2017 British Psychological Society (BPS)

International academic cooperation partners

Prof. Richard Meiser-Stedman (University of East Anglia, UK), Prof. Marianne S. Birkeland (University of Oslo, Norway), Prof. Tine Jensen (University of Oslo, Norway), Prof. Stefan Priebe (Queen Mary University of London, UK), Dr. Julian Mutz (King's College London, UK), Prof. Arnoud Arntz (University of Amsterdam, NL), Prof. Thomas Ehring (LMU München), Prof. Trudie Chalder (King's College London, UK), Prof. Cathryn M. Lewis (King's College London, UK), Prof. Chiara Fabbri (University of Bologna, Italy), Prof. Carrado Barbui (WHO Collaborating Centre, University of Verona, Italy), Dr. Monica Aas (King's College London, UK), Prof. Mathias Harrer (University of Amsterdam & WHO Collaborating Centre for Research and Dissemination of Psychological Interventions, Amsterdam), Dr. Frederic Maas genannt Bermpohl (University of Wuppertal), Dr. Ahlke Kip (University of Freiburg).

Research grants & scholarships

2026-2029 Research grant of the “Christoph-Dornier-Stiftung” for the project: “Advancing translation from research to clinical practice and back: Establishing two open access meta-analytic research domains for psychotherapy research in the fields of pediatric PTSD and adult PTSD”. Funding: 100,000€.

2013 - 2020 Scholarship, German National Academic Foundation (SDV). Funding: 64,716€.

2019 Scholarship, Sybille-Hahne Foundation, Münster, Germany. Funding: 2,400€.

2018 Scholarship, 1st Autumn School of the German-speaking Society for Traumatic Stress Studies (DeGPT) in Bavaria (Seeon), Germany. Covered costs: all expenses.

2011-2012 12 months government-funded “weltwärts” Volunteer Service at Beth Uriel (NGO), Cape Town, South Africa. Covered costs: all expenses.

Conference presentations, workshops, and invited talks

2026 **Hoppen, T. H.**, Lindemann, A. S., Höfer, L., Kip, A., & Morina, N. (2025). Conference presentation: “Sind Psychotherapieverfahren für die PTBS bei Erwachsenen auch wirksam für komorbide depressive Symptomatik? Systematischer Review und Metaanalyse randomisierter kontrollierter Studien.” DeGPT 2026 Congress. Berlin, Germany.

2026 **Hoppen, T. H.**, Lindemann, A. S., Schlüter, S. (presenting author), Placzek, M., & Morina, N. (2026). Conference presentation: „Inzidenz und relatives Risiko negativer Auswirkungen psychologischer Interventionen bei posttraumatischer Belastungsstörung im Kindes- und

Jugendalteralter: Eine Metaanalyse randomisierter kontrollierter Studien“. DGKJP Congress 2026. Würzburg, Germany.

2025 **Hoppen, T. H.** (2025). Invited talk: “How effective and safe are psychotherapeutic methods in treating PTSD in children, adolescents, and adults? Latest findings from meta-analytical research”. Invited from the IPP Münster (a training institute for CBT trainees) as part of the PhD student symposium. Münster, Germany.

2025 **Hoppen, T. H.** (2025). Invited workshop: „Introduction to meta-analysis using R“. Invited through: Dr. Daniela Feistauer. University of Münster, Institute of Psychology.

2025 Morina, N. (presenting author), Cuno, R. M., Lemmel, F., Schlechter, P., & **Hoppen, T. H.** (2025). Conference presentation: “Social Comparison As a Behavior Change Technique: Meta-Analysis of Randomized Controlled Trials”. 2025 APS Annual Convention. Washington DC, US.

2025 Schlechter, P. (presenting author), **Hoppen, T. H.**, Meyer, T. & Morina, N. (2025). Conference presentation: “Comparative Thinking and Social Anxiety in the Context of Daily Stressors and Life Events: Between- and within-Person Processes.” 2025 APS Annual Convention. Washington DC, US.

2025 **Hoppen, T. H.**, Wessarges, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., Meiser-Stedman, R., & Morina, N. (2025). Conference presentation: “Psychological treatments for pediatric PTSD: A network meta-analysis.” 4th German Psychotherapy Congress (4. DPK). Berlin, Germany.

2025 **Hoppen, T. H.**, Lindemann, A. S., Höfer, L., Kip, A., & Morina, N. (2025). Conference presentation: “Are psychological interventions for adult PTSD also effective in alleviating comorbid depression? A meta-analysis.” 4th German Psychotherapy Congress (4. DPK). Berlin, Germany.

2025 Kip, A., **Hoppen, T. H. (presenting author)**, Nolting, I., Lowe, S. R., Tam, K.-P., & Morina, N. (2025). Conference presentation: “Impact of extreme weather events on mental health: meta-analyses.” 4th German Psychotherapy Congress (4. DPK). Berlin, Germany.

2025 **Hoppen, T. H.**, Payer, J., & Morina, N. (2025). Poster presentation: “Social comparison on social media and mental health: A meta-analysis.” 4th German Psychotherapy Congress (4. DPK). Berlin, Germany.

2025 **Hoppen, T. H.** (2025). Invited talk: “New insights in psychotherapies for PTSD: Meta-analyses of RCTs”. Invited as part of the „Science Lunch“ from the working group of Prof. Jan Philipp Klein, Clinic for Psychiatry and Psychotherapy, ZIP Center for Integrative Psychotherapy at the University Hospital Lübeck, Lübeck, Germany.

2024 **Hoppen, T. H.** (2024). Invited talk: “Meta-analytic insights in PTSD psychotherapy research”. Invited as part of the „Lehrstuhlrunde“ from the working group of Prof. Thomas Ehring (Department of Clinical Psychology and Psychotherapy), LMU Munich, Germany.

2024 Harrer, M. (presenting author), Maas genannt Bermpohl, F. (presenting author), Kip, A., & **Hoppen, T. H.** (2024). Conference Workshop: „Introduction to meta-analytic psychotherapy research“. 3rd German Psychotherapy Congress (3. DPK). Berlin, Germany.

2024 **Hoppen, T. H.**, Lindemann, A. S., Schlueter, S., Placzek, M., & Morina, N. (2024). Conference presentation: “Meta-analysis of rare events: the example case of harms during psychological treatment for PTSD.” 3rd German Psychotherapy Congress (3. DPK). Berlin, Germany.

2024 Morina, N. (presenting author), Lemmel, F., Nelson, J., Schlechter, P., & **Hoppen, T. H.** (2024). Conference presentation: „Social comparisons and mental health: A meta-analysis.“ 3rd German Psychotherapy Congress (3. DPK). Berlin, Germany.

2024 **Hoppen, T. H.**, Cuno, R., Nelson, J., Lemmel, F., Schlechter, P., & Morina, N. Conference presentation: “The short- and long-term efficacy of social comparison as a behavioral change technique: A meta-analysis of randomized controlled trials.” 3rd German Psychotherapy Congress (3. DPK). Berlin, Germany.

2024 **Hoppen, T. H.**, Meiser-Stedman, R., Kip, A., Birkeland, M. S., & Morina, N. (2024). Poster: "Efficacy of psychological interventions for single- vs. multiple-event-related PTSD in adults: A meta-analysis of randomised controlled trials." 3rd German Psychotherapy Congress (3. DPK). Berlin, Germany.

2024 **Hoppen, T. H.**, Therapist training workshop: "How effective and safe are psychological interventions for PTSD in children, adolescents, and adults? New findings from meta-analytic research." Workshop as part of a training series for licensed psychotherapists in Germany.

2023 **Hoppen, T. H.**, Invited talk and panel discussion: "Mental health of scholarship recipients and what to do when they need professional help." Talk for mentors of scholarship recipients from the German National Academic Foundation (SDV), largest and oldest (state-based) scholarship organizations (funding gifted students). Invited through: Dr. Gitta Glüpker-Kesebir (SDV). University of Münster.

2023 Morina, N. (presenting author), Lemmel, F., & **Hoppen, T. H.**. Conference presentation: "How does social comparison impact mental health: a meta-analysis of current findings and a theoretical framework." 10th World Congress of Cognitive and Behavioral Therapies. Seoul, South Korea.

2023 Morina, N. (presenting author), Kip, A., & **Hoppen, T. H.**. Conference presentation: "Higher frequency of psychological interventions for adult PTSD is not associated with treatment efficacy and acceptance. A meta-analysis of randomized controlled trials." 10th World Congress of Cognitive and Behavioral Therapies. Seoul, South Korea.

2023 **Hoppen, T. H.**, Jehn, M., Holling, H., Mutz, J., Kip, A., & Morina, N. Poster: "Efficacy and acceptability of psychological interventions for PTSD: A network and pairwise meta-analysis." 2nd German Psychotherapy Congress (2. DPK). Berlin, Germany.

2023 **Hoppen, T. H.**, Lemmel, F., Nelson, J., & Morina, N. Poster: "How are psychopathology and social comparison related? A Meta-analysis." 2nd German Psychotherapy Congress (2. DPK). Berlin, Germany.

2022 **Hoppen, T. H.**. Invited talk: "Psychological treatment of post-traumatic stress disorder in children and adolescents." As part of a training series for staff at the child and adolescent psychiatry of the University Hospital Münster (UKM).

2022 Mutz, J. (presenting author), **Hoppen, T. H.**, Fabbri, C., & Lewis, C. M. Poster: "Anxiety disorders and age-related changes in physiology." *American Psychiatric Association Annual Meeting (2022)*. New Orleans, US.

2022 Mutz, J. (presenting author), **Hoppen, T. H.**, Fabbri, C., & Lewis, C. M. Poster: "Anxiety disorders and age-related changes in physiology." 30th European Congress of Psychiatry (ECP). Budapest, Hungary.

2021 Mutz, J. (presenting author), **Hoppen, T. H.**, & Lewis, CM. ePoster: "Anxiety disorders and age-related changes in physiology." 11th International Conference of the International Society for Affective Disorders (ISAD 2021). Virtual Conference.

2021 Morina, N. (presenting author), **Hoppen, T. H.** & Kip, A. Conference presentation: "Two meta-analyses of study quality and efficacy of psychological interventions for pediatric and adult PTSD." Annual Congress of the European Association for Behavioural and Cognitive Therapies (EABCT). Belfast, UK.

2021 **Hoppen, T. H.**, Morina, N. Conference presentation: "What if...? Counterfactual comparisons after traumatic life events." 38th Conference for Clinical Psychology und Psychotherapy of the German Society for Psychology (DGPs). Mannheim, Germany.

2019 **Hoppen, T. H.**, Morina, N. Poster: "Have we underestimated the prevalence of PTSD and major depression in countries with a recent history of war?" 9th World Congress of Behavioural and Cognitive Therapies (WCBCT). Berlin, Germany.

2018 **Hoppen, T. H.**, Morina, N. Conference presentation: „MDD and PTSD after war: How many adult war survivors globally suffer from MDD and PTSD and how high is the associated diseases burden?“ 36th Conference for Clinical Psychology und Psychotherapy of the German Society for Psychology (DGPs). Landau, Germany.

Media coverage of own research (examples)

- <https://www.uni-muenster.de/news/view.php?cmdid=14721&lang=en>
- <https://www.kcl.ac.uk/treating-child-and-adolescent-ptsd-from-research-to-the-clinic>
- <https://www.uni-muenster.de/news/view.php?cmdid=13803>
- <https://www.instagram.com/p/C2RqqEbiruz/?igsh=MTZ4bnNpbXBuM2FINQ==>
- <https://www.uni-muenster.de/news/view.php?cmdid=13163&lang=en>
- <https://www.uni-muenster.de/news/view.php?cmdid=10370&lang=en>

Memberships (academic committees and boards)

- since 2025 Member of the Executive Board, Georg Elias Müller Institute of Psychology, University of Göttingen
- since 2025 Coordinator and moderator of the clinical colloquium (interdepartmental; 3 clinical departments), Georg Elias Müller Institute for Psychology, University of Göttingen
- since 2025 Member of the department heads' committee, Georg Elias Müller Institute of Psychology, University of Göttingen
- since 2024 Member of the Board for Academic Staff, University of Münster.
- since 2024 Member of the Department Council and the Faculty Council, University of Münster.
- since 2023 Founding member of the "METASYN" interest group (Meta-analytic conduct in psychotherapy research and evidence synthesis), DGPs.
- since 2023 Member of the PhD Supervisor Award Committee, DGPs.
- since 2022 Interest group "Evidence-based personalized psychotherapy (ePePsy)", DGPs.
- 2024-2025 Member of the Committee for Promotion of Young Researchers, University of Münster.
- 2024-2025 Member of the Open Science Committee, Institute of Psychology, University of Münster.
- 2023-2024 Member of the Ethics Committee, Institute of Psychology, University of Münster.
- 2022-2024 Member of the PhD Council, Institute of Psychology, University of Münster.
- 2022-2024 Member of the Structural Board, Institute of Psychology, University of Münster.
- 2022-2023 Member of the Committee for appointing a (full) professor of Clinical Psychology and Psychotherapy (appointed: Prof. Timo Brockmeyer), University of Münster.

Volunteering

- since 2022 Election assistant for political elections (communal and federal elections), Münster, Germany.
- since 2022 Blood donor, UKM Münster, Münster, Germany.
- 2020-2022 Member of the working group „Asylum Münster“, Münster, Germany.
- 2018-2023 Year representative, CBT training, IPP Münster, Germany.

2016-2017 Year representative, M.Sc. Clinical Psychology, Leiden University, NL.

2015-2016 Year representative, M.Sc. Affective Disorders, King's College London, London, UK.

2012-2015 Year representative, B.Sc. Psychology, University of Groningen, Groningen, NL.

2011-2012 Government-funded 12month volunteering for the NGO Beth Uriel, Cape Town, South Africa.

Hobbies

Long-distance running, kickboxing, calisthenics, triathlon.