

CURRICULUM VITAE

Name Thole H. Hoppen, Ph.D.

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Personal details

Birth & Marital status 31.05.1992 (Germany), Married, 1 child (*2020)

Academic training and qualifications

- 2017 – 2020* **Ph.D. in Clinical Psychology and Psychotherapy (summa cum laude)**
University of Münster, Germany.
- 2016– 2017* **M.Sc. Clinical Psychology (cum laude)**
Leiden University, NL.
- 2015 – 2016* **M.Sc. Affective Disorders (distinction)**
King's College London, UK.
- 2013 – 2015* **Honours College (not graded)**
Extra-curricular interdisciplinary courses, University of Groningen, NL.
- 2012 – 2015* **B.Sc. Psychology (cum laude)**
University of Groningen, NL.
- 2011-2012* **Volunteer Service**
12 months volunteering at Beth Uriel (NGO), Cape Town, SA.

Psychotherapy training and qualifications

- 2023* **Licensed psychotherapist (CBT)**
Trained at „Institut für Psychologische Psychotherapieausbildung Münster“ (IPP Münster).
- 2023* **Licensed Group Psychotherapist**
Trained at „Institut für Psychologische Psychotherapieausbildung Münster“ (IPP Münster).

Current academic positions

- since 2022* **Coordinator of the trauma outpatient clinic of the University of Münster**
Specialized outpatient clinic for trauma-related mental disorders. University of Münster.
- since 2020* **Postdoctoral research fellow**
Clinical Psychology and Psychotherapy, University of Münster.
- since 2020* **Local coordinator IREM-freq-study, Center: University of Münster**
Multi-center RCT (PI: Prof. A. Arntz, University of Amsterdam, NL).

Psychotherapeutic work experience

- since 2020* **Coordination of trauma care for outpatients**
Specialized outpatient clinic for trauma-related mental disorders. University of Münster.
- since 2020* **Coordination of psychotherapy RCTs**
Specialized outpatient clinic for trauma-related mental disorders. University of Münster.
- 2017-2018* **Inpatient psychotherapeutic work (individual and group psychotherapy sessions)**
Kliniken Essen-Mitte (KEM), Essen, Germany. Ward for affective disorders.
- 2019-2023* **Outpatient psychotherapeutic work (individual psychotherapy sessions)**
„Institut für Psychologische Psychotherapieausbildung Münster“ (IPP Münster), Germany.

Publications in (peer-reviewed) journals

- in press* **Hoppen, T. H.**, Wessargues, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., Meiser-Stedman, R. & Morina, N. (in press). Efficacy of psychological interventions for multiple-event-related PTSD in children and adolescents: a network meta-analysis. *World Psychiatry*.
- 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)
- 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); siehe auch: [commentary](#)
- 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)
- 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 **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.**, & 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.**, 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)

- 2022 Mutz J., **Hoppen T. H.**, Fabbri C., Lewis C (2022). Anxiety disorders and age-related changes in physiology. *European Psychiatry*, 65(S1), S184-S185. doi: [10.1192/j.eurpsy.2022.487](https://doi.org/10.1192/j.eurpsy.2022.487)
- 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/bmjgh-2021-006303](https://doi.org/10.1136/bmjgh-2021-006303)
- 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)
- 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)
- 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/fpsyt.2020.00179](https://doi.org/10.3389/fpsyt.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 chapter

- 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

- 2024 **Hoppen, T. H.**, Cuno, R., Nelson, J., Lemmel, F., Schlechter, P., & Morina, N. (2024). Social comparison as a behaviour change technique: A systematic review and meta-analysis of randomised controlled trials across scientific disciplines. doi: [10.21203/rs.3.rs-4046758/v1](https://doi.org/10.21203/rs.3.rs-4046758/v1)

Ad hoc reviewer for scientific journals

BMC Medicine, BMC Psychiatry, BMJ Open, Clinical Psychology Review, Current Psychology, Development and Psychopathology, Epidemiology and Psychiatric Sciences, European Journal of Psychotraumatology, Heliyon, Journal of Consulting and Clinical Psychology, Journal of Nervous and Mental Disease, Nature Medicine, Psychotherapy and Psychosomatics.

Scientific awards

- 2023 Teaching award: Best clinical seminar (topic: depressive disorders), University of Münster.
- 2022 Falk-von-Reichenbach Award 2022 (awarded by the DeGPT), 1,500€.

Non-scientific awards

- 2010 Youth Advancement Awards (1x) from the City of Weener and (1x) City of Leer, Germany.
- 2010 Sports Achievements Award from the City of Weener – (Achievements in Kickboxing).

Memberships (professional societies & chambers)

- since 2024 Münster Center for Open Science (MüCOS)
- since 2023 Psychotherapist Chamber NRW (North Rhine-Westphalia, Germany)
- since 2022 Forum for Peace Psychology
- 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 (Norwich Medical School, University of East Anglia, UK), Prof. Marianne S. Birkeland (Norwegian Centre for Violence and Traumatic Stress Studies and Department of Psychology, University of Oslo, Norway), Prof. Tine Jensen (Norwegian Centre for Violence and Traumatic Stress Studies and Department of Psychology, University of Oslo, Norway), Prof. Stefan Priebe (London School of Medicine and Dentistry, Queen Mary University of London, UK), Dr. Julian Mutz (Institute of Psychiatry, Psychology & Neuroscience; Social, Genetic and Developmental Psychiatry Centre at King's College London, UK), Prof. Arnoud Arntz (Department of Clinical Psychology, University of Amsterdam, NL), Prof. Thomas Ehring (Department of Clinical Psychology and Psychotherapy, LMU Munich, Germany), Prof. Trudie Chalder (Institute of Psychiatry, Psychology & Neuroscience, Department of Psychological Medicine, King's College London, UK), Prof. Cathryn M. Lewis (Institute of Psychiatry, Psychology & Neuroscience; Social, Genetic and Developmental Psychiatry Centre at King's College London, UK), Prof. Chiara Fabbri (University of Bologna).

Acquisition of funding/scholarships

- 2013 - 2020 Full scholarship recipient – German National Academic Foundation (SDV), Amount: 64,716€.
- 2019 Scholarship recipient – Sybille-Hahne Foundation, Amount: 2,400€.
- 2018 Scholarship recipient – 1st Autumn School of the German-speaking Society for Traumatic Stress Studies (DeGPT), Covered costs: all expenses.
- 2011-2012 12 months government-funded “weltwärts” Volunteer Service at Beth Uriel (NGO) in Cape Town, South Africa, Covered costs: all expenses.

Conference presentations, conference workshops, invited talks, and therapist training workshops

- 2024 Harrer, M., Maas genannt Bempohl, F., 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., Schlüter, 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., 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., 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., 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., **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., **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., **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., **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=13803>

<https://twitter.com/HoppenDr/status/1745717081176248455>

<https://www.instagram.com/p/C2RqqEbiruz/?igsh=MTZ4bnNpbXBuM2FINQ==>

<https://www.uni-muenster.de/news/view.php?cmdid=13163&lang=en>

<https://cambridge.altmetric.com/details/134006402/twitter>

<https://bmj.altmetric.com/details/110609058/twitter>

<https://www.uni-muenster.de/news/view.php?cmdid=10370&lang=en>

Teaching experiences – University of Münster

- 2023-2024 M.Sc. Clinical Psychology Seminar: Neuro-cognitive processes in selected mental disorders.
- since 2021 B.Sc. Psychology Seminar: Basic competencies in clinical psychological work: post-traumatic stress disorder.
- since 2020 B.Sc. Psychology Seminar: Basic competencies in clinical psychological work: depressive disorders.
- 2022 B.Sc. Psychology Lecture: Introduction to the history, conceptualizations, and theories of psychology and psychotherapy (guest lecture in the course of Prof. Dr. Guido Hertel).
- since 2018 Supervised Bachelor- and Master-theses (finished): 32.
Supervised Bachelor-, Master-, and Ph.D.-Theses (ongoing): 14.

Teaching experiences – University of Groningen, NL

- 2018 B.Sc. Psychologie Vorlesung: Theory of Science (Gastbeitrag in der Vorlesung von: Prof. Dr. Stephan Schleim). University of Groningen, NL.

Memberships (academic committees and boards)

- since 2024 Department Council and Faculty Council member, University of Münster.
- since 2024 Open Science Committee, Institute of Psychology, University of Münster.
- since 2023 METASYN (Meta-analytic conduct in psychotherapy research and evidence synthesis), DGPs, founding member (<https://meta-syn.de/#mitglieder>).
- since 2023 Best PhD Supervisor Award Committee, DGPs (<https://www.dgps.de/fachgruppen/fgkl/news-details/interview-mit-dr-susanne-meinert/>).

- 2023-2024 Ethics Committee, Institute of Psychology, University of Münster.
- 2022-2024 Doctoral (PhD) Committee, Institute of Psychology, University of Münster.
- 2022-2024 Structural Board, Institute of Psychology, University of Münster.
- since 2022 Interest group "Evidence-based personalized psychotherapy (ePePsy), DGPs (<https://dgpsepepsy.wixsite.com/epepsy>).
- 2022-2023 Appointment Committee for appointing a (full) professor for Clinical Psychology and Psychotherapy at the University of Münster (appointed: Prof. Timo Brockmeyer).

Volunteering

- since 2022 Election assistant for political elections (communal- and federal elections).
- 2020-2022 Member of the working group „Asylum Münster“.
- 2018-2023 Jahrgangssprecher, Ausbildungsjahrgang 18, Institut für Psychologische Psychotherapieausbildung Münster (IPP Münster).
- 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.

Hobbys

Long-distance running, kickboxing, calisthenics, triathlon.