
Christine Emmer, Doctoral Candidate and Research Assistant

Division of Health Psychology, University of Mannheim

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Education

since 2018 | Doctoral Candidate

Division of Health Psychology & Mannheim Centre for European Social Research,
University of Mannheim

Project: Social integration, health behavior, and well-being among individuals with
migration background

Advisors: Jutta Mata & Frank Kalter

2018 | M.Sc. Psychology

Majors: Clinical and Cognitive Psychology

University of Mannheim

Thesis: The association between weight stigma and mental health: a meta-analysis

Advisors: Jutta Mata & Michael Bosnjak

2018 | Semester Abroad, M.Sc. Psychology

University of Tartu, Estonia

2016 | B.Sc. Psychology

University of Koblenz-Landau

Thesis: De-escalation strategies for justice conflicts: evaluation of intervention
techniques in the context of the Greek debt crisis

Advisors: Anna Baumert & Manfred Schmitt

Professional experience

Since 2018 | Postgraduate Research Assistant at the Division of Health Psychology,
University of Mannheim

2016/2017 | Student Research Assistant at the Institute for Psychiatric and
Psychosomatic Psychotherapy, Central Institute of Mental Health (CIMH), Mannheim

Research interests

- ▶ Migration and social integration
- ▶ Social determinants and consequences of health behavior
- ▶ Stigma and social discrimination
- ▶ Resilience research
- ▶ Systematic reviews and meta-analytical methods
- ▶ Social network analysis

Publications

Emmer, C., Bosnjak, M., & Mata, J. (2020). The association between weight stigma and
mental health: a meta-analysis. *Obesity Reviews*, *21*, e12935. <https://doi.org/10.1111/obr.12935> (top 10% most read articles in *Obesity Reviews*, IF 8.5)

Conferences

Emmer, C., Kalter, F., & Mata, J. (2020). *Resiliency in the face of migration: How exercise
protects against perceived discrimination and fosters well-being.*

Presentation given at the ISBNPA XChange Initiative of the International Society for
Behavioral Nutrition and Physical Activity (ISBNPA).

Digital Conference.

Emmer, C., Bosnjak, M., & Mata, J. (2019). *The relation between overweight, weight-
stigma, and well-being: A meta-analysis.* Presentation given at the 14th Congress of the
Division of Health Psychology of the German Society for Psychology (DGPs).

Greifswald, Germany.

Emmer, C., Bosnjak, M., & Mata, J. (2019). *The relation between overweight, weight-
stigma, and well-being: A meta-analysis.* Presentation given at the 33rd Conference of
the European Health Psychology Society (EHPS).

Dubrovnik, Croatia.

Emmer, C., Bosnjak, M., & Mata, J. (2019). *A meta-analysis of the relation between weight stigma, mental health, and well-being*. Presentation given at the 8th Workshop for Doctoral Students in Experimental Psychology (A-Dok). Mannheim, Germany.

Teaching experience

Spring 2020 | Research Project Seminar: Theory and Application of Health Psychology Research; Level: M.Sc., University of Mannheim

Spring 2020 | Focus Areas of Clinical Psychology: Health Behavior Change; Level: B.Sc., University of Mannheim

Fall 2019 | Cognitive Foundations of Clinical Psychology: Health Behaviors and Psychopathology; Level: M.Sc., University of Mannheim

Spring 2019 | Research Project Seminar: Theory and Application of Health Psychology Research; Level: M.Sc., University of Mannheim

Supervised theses

2019 | M.Sc. thesis, Psychology:
Constanze Brückner, University of Mannheim, “The Association of Leisure Time Exercise and Psychological Well-Being in Immigrants: A Meta-Analysis”.

Workshops

2019 | Summer School “Big Data in Health Psychology” organized by the Division of Health Psychology of the German Society for Psychology (DGPs). Greifswald, Germany.

2019 | Summer School “Big Data in Health Psychology” organized by the Division of Health Psychology of the German Society for Psychology (DGPs). Greifswald, Germany.

2019 | Early Career Researcher Workshop “An Introduction to the Systematic Reviews and Novel Approaches to Evidence Synthesis” organized by the Collaborative Research and Training in the EHPS (CREATE). Dubrovnik, Croatia.

2019 | 8th Workshop for Doctoral Students in Experimental Psychology (A-Dok) “Introduction to Bayesian Parameter Estimation with Stan”. Mannheim, Germany.

2018 | 2nd Behavioral Insights Summer School organized by the World Health Organization (WHO) and the University of Erfurt. Erfurt, Germany.

Grants & awards

2020 | Teaching Award of the Psychology Student Association of the University of Mannheim for seminar on health behavior change.

2020 | Travel grant “IDEUM – Internalization of Doctoral Education” by the University of Mannheim for the digital ISBNPA XChange Initiative Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

2019 | Travel grant “Women go Abroad Mobility Grant” by the University of Mannheim for the 33rd Conference of the European Health Psychology Society (EHPS) in Dubrovnik, Croatia.

2019 | Travel grant “IDEUM – Internalization of Doctoral Education” by the University of Mannheim for the Workshop “Meet the Editor with Dolores Albarracín” for doctoral students at the University of Basel, Switzerland.

2019 | academIA, career development program for female doctoral students, October 2019–May 2020, University of Mannheim

2019 | Thesis awarded with the “Otto-Selz-Prize” for the best Master’s thesis in Psychology (funded by Rationale Altruisten Mannheim).

Reviewing Activities

Journals

- ▶ Psychological Bulletin
- ▶ Obesity Reviews

Conferences

- ▶ 52nd Congress of the German Psychological Society (DGPs) and the 15th Conference of the Austrian Society of Psychology (ÖGP)

Active memberships

- ▶ European Health Psychology Society (EHPS)
- ▶ German Society for Psychology (DGPs)
- ▶ International Society of Behavioral Nutrition and Physical Activity (ISBNPA)