
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 and Teaching Assistant at the Division of Health
Psychology, University of Mannheim

2021/2022 | Postgraduate Teaching Assistant at the Division of General Sociology,
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

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

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. (2021). *Cultural identity and health behaviors – an
investigation of adolescents with diverse backgrounds in Europe*

Presentation given at the 15th Congress of the Division of Health Psychology of the
German Society for Psychology (DGPs). Digital Conference.

Emmer, C., Kalter, F., & Mata, J. (2021). *Cultural identity and health behaviors – an
investigation of adolescents with diverse backgrounds in Europe*

Presentation given at the 4th International CILS4EU User Conference. Digital Conference.

Emmer, C., Kalter, F., & Mata, J. (2021). *What you do is who you are: Do health
behaviors matter for cultural identity formation, and why is it important?*

Presentation given at the 35th Conference of the European Health Psychology Society
(EHPS). Digital Conference.

Emmer, C., Kalter, F., & Mata, J. (2021). *What you do is who you are: Do health behaviors matter for cultural identity formation, and why is it important?* Presentation given at the ISBNPA XChange Initiative of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA). Digital Conference.

Emmer, C., Kalter, F., & Mata, J. (2020). *Associations of cultural identity with health behaviors and health outcomes.* Presentation given at the digital Conference 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 2022 | Research Project Seminar: Theory and Application of Health Psychology Research; M.Sc. Psychology, University of Mannheim

Spring 2022 | Focus Areas of Clinical Psychology: Health Behavior Change; B.Sc. Psychology, University of Mannheim

Fall 2021 | Cognitive Foundations of Clinical Psychology: Health Behaviors and Psychopathology; M.Sc. Psychology, University of Mannheim

Fall 2021 | Fundamentals of Sociology; B.A. Sociology, University of Mannheim

Spring 2021 | Focus Areas of Sociology: Migration and Health; B.A. Sociology, University of Mannheim

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

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

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

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

Supervised theses

2021 | M.Sc. thesis in Psychology
Maren Flottmann, University of Mannheim, "Piloting an ecological momentary assessment study on daily stress, physical activity, and well-being: A new look at the relationships considering psychological mechanisms and migrant background".

2021 | B.Sc. thesis in Psychology:
Hannah Hoffmann, University of Mannheim, "Web-Based Physical Activity Interventions Directly Enhance General Self-Efficacy".

2021 | M.Sc. thesis in Psychology:
Julia Dorn, University of Mannheim, "The Effect of Perceived Discrimination on Mental Health: A Meta-Analysis".

- 2019** | M.Sc. thesis in Psychology:
Constanze Brückner, University of Mannheim, “The Association of Leisure Time Exercise and Psychological Well-Being in Immigrants: A Meta-Analysis”.
- Workshops**
- 2021** | Summer School “Digital Interventions” organized by the Division of Health Psychology of the German Society for Psychology (DGPs). Digital Summer School.
- 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** | Summer School “Big Data in Health Psychology” organized by the Division of Health Psychology of the German Society for Psychology (DGPs). Greifswald, Germany.
- 2019** | Workshop for Doctoral Students in Experimental Psychology (A-Dok) “Introduction to Bayesian Parameter Estimation with Stan”. Mannheim, Germany.
- 2018** | Behavioral Insights Summer School organized by the World Health Organization (WHO) and the University of Erfurt. Erfurt, Germany.
- Grants & awards**
- 2021** | Research award for the promotion of young scientists for the publication “*The association between weight stigma and mental health: a meta-analysis*” by the Division of Health Psychology of the German Society for Psychology (DGPs).
- 2021 and 2020** | Travel grant “IDEUM – Internalization of Doctoral Education” by the University of Mannheim for the digital Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 2021 and 2019** | Travel grant “Women go Abroad Mobility Grant” by the University of Mannheim for the digital 34th Conference of the European Health Psychology Society (EHPS) in 2021 and the 33rd Conference of the EHPS in Dubrovnik, Croatia in 2019.
- 2020** | Teaching Award of the Psychology Student Association of the University of Mannheim for Bachelor’s seminar on health behavior change.
- 2019/2020** | academIA, career development program for female doctoral students, University of Mannheim
- 2019** | Thesis awarded with the “Otto-Selz-Prize” for the best Master’s thesis in Psychology (funded by Rationale Altruisten Mannheim).
- 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.
- 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)
 - ▶ German Alliance for Global Health Research (GLOHRA)