

Annika Petra Christine Lutz

PhD, Dipl.-Psych. Univ. (equiv. MSc)

University of Luxembourg
Research Group Self-Regulation and Health
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Professional Experience - Research

- 03/2015 – present **Post-doctoral Researcher**
University of Luxembourg (Luxembourg), Research Unit INSIDE,
Institute for Health and Behaviour
Project (2015-2018): Emotional, Restrained and Bulimic Eating in
Lab and Daily Life (EMO-EAT), funded by the National Research
Fund, Luxembourg (FNR)
- 03/2011 – 03/2015 **PhD Candidate**
University of Luxembourg (Luxembourg), Research Unit INSIDE,
Institute for Health and Behaviour
Project: Neurophysiological correlates of body image disturbance in
anorexia nervosa (NEUROBODY), funded by the National Research
Fund Luxembourg (FNR)
Thesis title: Body perception and evaluation in anorexia nervosa
Supervisor: Prof. Dr Claus Vögele, University of Luxembourg
- 05/2010 – 08/2010 **Research Assistant**
University of Würzburg, Germany
Department of Psychology I, workgroup Prof. Dr A. Kübler
(Psychological Intervention, Behavior Analysis and Regulation of
Behavior)
- 05/2008 – 08/2008 **Research Assistant**
University of Würzburg, Germany
Department of Psychology I, workgroup Prof. Dr W. Hommers
(Differential Psychology, Personality Psychology, and Psychological
Diagnostics)

Professional Experience - Psychotherapy

- 04/2017 – 02/2019 Internship: Centre Hospitalier Emile Mayrisch, Esch-sur-Alzette, Luxembourg (general hospital)
Tasks: Individual and group psychotherapy with obese patients undergoing bariatric surgery
- 09/2014 – 12/2014 Internship: Schön Klinik Roseneck, Rosenheim, Germany (psychosomatic hospital)
Tasks: Data collection including diagnostic interviews with anorexia nervosa patients and participation in daily ward routine
- 03/2008 – 04/2008 Internships: Klinikum Aschaffenburg, Klinik für Psychiatrie und
09/2008 – 10/2008 Psychotherapie des Kindes- und Jugendalters (psychiatric hospital for children and adolescents)
Tasks: Diagnostic assessments (cognitive, socio-emotional, systemic), participation in therapy sessions and daily ward routine

Academic Degrees and Professional Qualifications

- 2019 **Master in Psychotherapy**
Professional Master's programme to obtain a license as clinical psychologist/psychotherapist
- 2015 **PhD** on "Body perception and evaluation in anorexia nervosa"
University of Luxembourg, Luxembourg
Supervisor: Prof. Dr Claus Vögele, University of Luxembourg
- 2014 **Therapist for Equine-Assisted Interventions**
EquiMotion Institute, Münschecker, Luxembourg
- 2010 **Diplom (equiv. MSc) in Psychology**
University of Würzburg, Germany
Grade: very good (A)
Thesis title: "Inhibitory performance and heart rate variability in female restrained eaters"
- 2007 **Vordiplom (equiv. BSc) in Psychology**
University of Würzburg, Germany
Grade: very good (A)
- 2005 **Abitur** (general qualification for university entrance)
Friedrich-Dessauer-Gymnasium Aschaffenburg, Germany
Grade: very good (A)

Grants and Awards

- 2019 – 2023 BODILLUSION: Body image distortion and cardio-visual integration in anorexia nervosa
National Research Fund Luxembourg (FNR), AFR scheme
PI: Prof. Dr Claus Vögele
Role: scientific advisor
- 2015 – 2018 EMO-EAT: Emotional, Restrained, and Bulimic Eating in Lab and Daily Life (term 3 years, €789.000.-)
National Research Fund Luxembourg (FNR), CORE scheme
PI: Prof. Dr Claus Vögele, Prof. Dr. Jens Blechert
Role: post-doctoral researcher
- 2013 – 2015 ATTEND: Attentional Processing of Food and Body Cues in Eating Disorders (term 2 years, €67,300.-)
University of Luxembourg, internal funding scheme
PI: Prof. Dr Claus Vögele
Role: PhD candidate
- 2011 – 2015 NEUROBODY: Neurophysiological correlates of body image disturbances in Anorexia nervosa (term 4 years, €111,000.-)
National Research Fund Luxembourg (FNR), AFR PhD grant
Role: PI
- 2005 Karl-von-Frisch Award of the Association of German Biologists (vdbiol) for excellent A-levels in biology

Memberships in Learned Societies

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| Society for Psychophysiological Research (US) | Full Member
Associate Web Editor
ad hoc Website Committee
Committee to Promote Student Interests |
| German Psychological Society (DE)
(Deutsche Gesellschaft für Psychologie) | Full Member
Divisions: Clinical Psychology and
Psychotherapy, Biological Psychology |
| Luxembourgish Psychological Society (LU)
(Société Luxembourgeoise de Psychologie) | Full Member |

Ad hoc Reviewing for International Journals

Psychophysiology; International Journal of Obesity; International Journal of Psychophysiology; Journal of Behavior Therapy and Experimental Psychiatry; Journal of Behavioral Addictions; Cognition and Emotion; Psychology, Health & Medicine; Frontiers in Psychology; Psychotherapie, Psychosomatik, medizinische Psychologie

Teaching Activities

Master in Psychotherapy (University of Luxembourg):

2019 – present Supervision of Master’s theses: 1 ongoing

Master in Psychological Interventions (University of Luxembourg):

2016 – present Foundations of Clinical Psychological Interventions

2016 – 2018 Introduction to Structured Clinical Interviews

2015 – present Adult Mental Health

2015 – present Supervision of Master’s theses: 7 completed

Bachelor in Psychology (University of Luxembourg):

2011 – present Supervision of Bachelor’s theses: 11 completed

2015 Foundations of Psychological Interventions

2013 Psychophysiology – Concepts and Methods

2011 – 2014 “Experimentalpraktikum” (practical course on the design and implementation of research studies)

Other teaching activities at the University of Luxembourg:

2015 – present Training and supervision in the Structured Clinical Interview for DSM-IV (SCID) for students at Bachelor’s, Master’s, and PhD level

2015 – present Workshops in psychophysiological assessment and data analysis for students at Bachelor’s, Master’s, and PhD level

External teaching activities:

05/2019 Guest lecture at University Hospital Hamm (Germany) on “Interoception in Eating Disorders”

2017 – present Lecturer on “Equine-assisted interventions for mental disorders” at EquiMotion Institute (Münschecker, Luxembourg)

02/2016 Guest lecturer at University College Lillehammer (Norway):
Bachelor in Psychology: Abnormal Psychology – Eating Disorders
Bachelor in Psychology: Biological Psychology – Internal Regulation

Skills

Psychophysiology:	electroencephalography: event-related potentials, heartbeat evoked potentials, source localisation electromyography: startle eye-blink modulation electrocardiography: heart rate variability, heartbeat perception
Clinical Interviews:	Structured Clinical Interview for DSM-IV (SCID) Eating Disorder Examination (EDE)
IT-Skills:	Microsoft Office, SPSS, E-Prime, GIMP Psychophysiology software: BrainVision Analyzer, BrainVision Recorder, BrainVision CapTrak, Brain Electric Source Analysis (BESA), AcqKnowledge, Artiifact (heart rate variability analysis), Clip2 (startle eye-blink analysis)
Language Skills:	<i>German:</i> native speaker <i>English:</i> excellent, Council of Europe Level C2 Cambridge Certificate of Proficiency, Grade A <i>Luxembourgish:</i> excellent, Council of Europe Level C2 <i>French:</i> excellent, Council of Europe Level C1 <i>Spanish:</i> good, Council of Europe Level B2 <i>Japanese:</i> basic, Council of Europe Level A2

Publications

Publication Metrics

Citations: 352; *h*-index: 7 (source: Google Scholar, September 2019)

Peer-reviewed Journal Publications

- Lutz, A. P., Schulz, A., Voderholzer, U., Koch, S., Van Dyck, Z., & Vögele, C. (2019). Enhanced cortical processing of cardio-afferent signals in anorexia nervosa. *Clinical Neurophysiology*, *130*(9), 1620-1627.
- Schulz, A., Van Dyck, Z., **Lutz, A.**, Rost, S., Vögele, C. (2017). Gastric modulation of startle eye blink. *Biological Psychology*, *127*(1), 25-33.
- van Dyck, Z., Vögele, C., Blechert, J., **Lutz, A. P. C.**, Schulz, A., & Herbert, B. M. (2016). The Water Load Test as a measure of gastric interoception: Development of a two-stage protocol and application to a healthy female population. *PloS one*, *11*(9), e0163574.
- Schulz, A., Ferreira de Sá, D. S., Dierolf, A. M., **Lutz, A.**, Van Dyck, Z., Vögele, C., & Schächinger, H. (2015). Short-term food deprivation increases amplitudes of heartbeat-evoked potentials. *Psychophysiology*, *52*(5), 695-703.
- Meule, A., **Lutz, A. P. C.**, Vögele, C., & Kübler, A. (2014). Impulsive reactions to food-cues predict subsequent food craving. *Eating Behaviors*, *15*(1), 99-105.
- Meule, A., **Lutz, A. P. C.**, Krawietz, V., Stützer, J., Vögele, C., & Kübler, A. (2014). Food-cue affected motor response inhibition and self-reported dieting success: A pictorial affective shifting task. *Frontiers in Psychology*, *5*, 216.
- Meule, A., **Lutz, A.**, Vögele, C., & Kübler, A. (2012). Women with elevated food addiction symptoms show accelerated reactions, but no impaired inhibitory control, in response to pictures of high-calorie food-cues. *Eating Behaviors*, *13*(4), 423-428.
- Meule, A., **Lutz, A.**, Vögele, C., & Kübler, A. (2012). Self-reported dieting success is associated with cardiac autonomic regulation in current dieters. *Appetite*, *59*(2), 494-498.
- Meule, A., **Lutz, A.**, Vögele, C., & Kübler, A. (2012). Food cravings discriminate differentially between successful and unsuccessful dieters and non-dieters. Validation of the Food Cravings Questionnaires in German. *Appetite*, *58*(1), 88-97.

Doctoral Dissertation

Lutz, A. P. C. (2015). Body perception and evaluation in anorexia nervosa (doctoral dissertation). Retrieved from <http://orbilu.uni.lu/handle/10993/20973>.

Book Chapters

Vögele, C., **Lutz, A. P. C.**, & Gibson, E. L. (2018). Mood, emotions and eating disorders. In: W. S. Agras & A. Robinson (Eds.) *The Oxford handbook of eating disorders* (2nd ed., p 155-186). Oxford: Oxford University Press.

Conference Contributions

- Lutz, A., van Dyck, Z., Schulz, A., & Vögele, C. (2019).** *Herzschlag-evozierte Potenziale bei Bulimia nervosa [Heartbeat evoked potentials in bulimia nervosa]*. Poster presented at 45. Jahrestagung Psychologie und Gehirn, Dresden, Germany.
- Lutz, A., Herbert, C., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2017).** Affective evaluation of body images in anorexia nervosa. *Psychophysiology*, 54(S1).
- Van Dyck, Z., **Lutz, A.**, Ortmann, J., Schulz, A., Vögele, C., (2017, August). *Entwicklung und Validierung eines Fragebogens zur multidimensionalen Erfassung essstörungsspezifischer interozeptiver Körperwahrnehmung: Vorläufige Daten anhand einer gesunden und einer essgestörten Stichprobe [Development and Validation of a questionnaire for the multi-dimensional assessment of eating-disorder specific interoception]*. Paper presented at 13. Kongress der Fachgruppe Gesundheitspsychologie der DGPs, Siegen, Germany.
- Lutz, A., Herbert, C., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2016, November).** *Reduced early visual processing of own body images in anorexia nervosa: An event-related potentials study*. Poster presented at 22nd Annual Meeting of the Eating Disorders Research Society, New York City, NY.
- Lutz, A., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2016, September).** *Interozeption bei Anorexia nervosa: Befunde auf subjektiver und elektrophysiologischer Ebene [Interoception in anorexia nervosa: Evidence on the subjective and electrophysiological levels]*. Paper presented at 50. Kongress der Deutschen Gesellschaft für Psychologie, Leipzig, Germany.
- Schulz, A., Schaan, L., Van Dyck, Z., **Lutz, A.**, Trojan, J., & Vögele, C. (2016). Gastrische Modulation der Schreckreaktion und gastrisch-evozierte Potenziale: zwei neue psychophysiologische Indikatoren für Interozeption des gastrointestinalen Systems. In N., Kathmann (Ed.), *42. Tagung Psychologie und Gehirn Abstractband* (pp. 133).
- Lutz, A., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2016).** Interoception in anorexia nervosa: Evidence at cortical and self-report levels. *Appetite*, 107, 687.
- Lutz, A., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2016, February).** *Interozeption bei Anorexia nervosa: Befunde auf subjektiver und elektrophysiologischer Ebene [Interoception in anorexia nervosa: Evidence on the subjective and electrophysiological levels]*. Paper presented at 15. Kongress der Deutschen Gesellschaft für Verhaltensmedizin und Verhaltensmodifikation, Mainz, Germany.
- Lutz, A., Herbert, C., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2015).** Body or cup? Alterations in featural and configural body image processing in anorexia nervosa. *Psychophysiology*, 52(S1), S123.
- Lutz, A., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2015, August).** *Interoception in anorexia nervosa: Evidence at cortical and self-report levels*. Paper presented at 45th Annual EABCT Congress, Jerusalem, Israel.
- Lutz, A., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2015, June).** *Zentralnervöse Verarbeitung von Körpersignalen bei Anorexia nervosa [Central-nervous processing of body signals in anorexia nervosa]*. Poster presented at Psychologie & Gehirn, Frankfurt am Main, Germany.
- Schaan, L., Van Dyck, Z., **Lutz, A.**, Trojan, J., Vögele, C., & Schulz, A. (2015). Gastrisch-evozierte Potenziale: ein neurophysiologischer Indikator für die kortikale Repräsentation afferenter Signale aus dem gastrointestinalen System. In J., Kaiser &

- C., Fiebach (Eds.), *41. Tagung Psychologie und Gehirn - Abstracts der Beiträge* (pp. 129). Frankfurt.
- Lutz, A.,** Herbert, C., Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2015, May). *Affektive Bewertung von Körperbildern bei Anorexia nervosa [Affective evaluation of body images in anorexia nervosa]*. Poster presented at 9. Workshopkongress für Klinische Psychologie und Psychotherapie, Dresden, Germany.
- Lutz, A.,** Schulz, A., Voderholzer, U., Koch, S., & Vögele, C. (2015, April). *Zentralnervöse Verarbeitung von Körpersignalen bei Anorexia nervosa [Central-nervous processing of body signals in anorexia nervosa]*. Paper presented at Essstörungskongress: State of the Art, Prien am Chiemsee, Germany.
- Schulz, A., Van Dyck, Z., **Lutz, A.,** & Vögele, C. (2015). Gastrische Modulation der Schreckreaktion: Eine prä-attentive Methode zur Abbildung afferenter Signale aus dem gastrointestinalen System. In J., Kaiser & C., Fiebach (Eds.), *41. Tagung Psychologie und Gehirn - Abstracts der Beiträge* (pp. 147). Frankfurt.
- Lutz, A.,** Van Dyck, Z., & Vögele, C. (2013). Heart rate variability as an indicator of self-regulatory processes in restrained eating behaviour. *Psychophysiology*, *50*(S1), S81.
- Lutz, A.,** Van Dyck, Z., & Vögele, C. (2013, October). *Resisting high calorie foods: Heart rate variability as an indicator of self-regulatory processes in restrained eating behaviour*. Poster presented at the Third Luxembourgish Nutrition Conference, Luxembourg.
- Van Dyck, Z., **Lutz, A.,** & Vögele, C. (2013, May). Restrained eating predicts increased autonomic reactivity during food exposure in young women. *Psychology & Health*, *28*, 1-335.
- Lutz, A.,** Kahlert, A., Van Dyck, Z., & Vögele, C. (2013, May). *Der Versuchung widerstehen: Konfrontation mit hochkalorischen Nahrungsmitteln verbessert die Inhibitionsfähigkeit gezügelter Esser*. Poster presented at 8. Workshopkongress und 31. Symposium für klinische Psychologie und Psychotherapie, Trier, Germany.
- Lutz, A.,** Van Dyck, Z., & Vögele, C. (2013, September). *Herzratenvariabilität als Indikator für Selbstregulationsprozesse bei gezügeltem Essverhalten*. Paper presented at 11. Kongress der Fachgruppe Gesundheitspsychologie, Luxembourg.
- Lutz, A.,** Herbert, C., & Vögele, C. (2012, July). *Who's that girl? Body image, self-recognition, and self-concept in young women with high vs. low risk for eating disorders*. Paper presented at Appearance Matters 5, Bristol, United Kingdom.
- Lutz, A.,** & Vögele, C. (2012). Hands-off the cookie-jar: Success and failure in the self-regulation of eating behaviour. *Psychology & Health*, *27*(sup1), 20.
- Lutz, A.,** Herbert, C., & Vögele, C. (2012, May). *Who's that girl? Körperbild, Selbsterkennung und Selbstkonzept bei jungen Frauen mit und ohne Essstörungsrisiko*. Paper presented at 30. Symposium Klinische Psychologie und Psychotherapie der DGPS Fachgruppe Klinische Psychologie und Psychotherapie, Luxembourg.
- Lutz, A.,** & Vögele, C. (2012). Psychophysiologische und behaviorale Korrelate unkontrollierten Essens bei gezügelten Essern. *Deutsche Gesellschaft für Essstörungen eV (DGESS)*. 3. Wissenschaftlicher Kongress der Deutschen Gesellschaft für Essstörungen. Hannover, 23.-25.02.2012. Düsseldorf: Medical Science GMS Publishing House. doi: 10.3205/12dgress027.
- Lutz, A.,** Meule, A., Kübler, A., & Vögele, C. (2011). Selbstregulation und Inhibition von „Food Cravings“. *Verhaltenstherapie*, *21*(sup1), 21.

Lutz, A., Meule, A., Kübler, A., & Vögele, C. (2011, May). *The allure of the cream gateau: Attentional and response bias towards high calorie foods.* Paper presented at 2nd Luxembourgish Nutrition Conference, Luxembourg.