

Curriculum Vitae

PD Dr. phil. Marialuisa Cavelti, M.Sc.



Personal information

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Date of birth: 05.12.1984 in St. Gallen, Switzerland

Nationality: Swiss

Family status: Married
Two children

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ResesarchGate: <https://www.researchgate.net/profile/Marialuisa-Cavelti>

Websites: [Group Cavelti \(University of Bern; English\)](#)
[Research Department KJP UPD \(German\)](#)

Main research areas

Early detection and treatment of mental disorders in adolescents and young adults using E-Mental Health

- Disorders: (borderline) personality disorder, psychosis, auditory verbal hallucinations, transdiagnostic approach
- Research methods: questionnaire and interview surveys, internet-based surveys, ecological momentary assessment/intervention, passive sensing, qualitative interviews as part of a mixed methods approach, patient and public involvement (PPI)

Education

Academic education

- 03/2023 **Institute of Psychology, Faculty of Human Sciences, University of Bern, Switzerland**
Venia Docendi for Psychology
Habilitation: "The significance of psychotic symptoms for early detection and intervention of borderline personality disorder";
- 10/2011 **Faculty of Psychology, University of Basel, Switzerland**
PhD in Psychology
PhD thesis: "The role of subjective illness appraisals for psychological recovery from schizophrenia"
- 04/2006 - 07/2008 **Faculty of Psychology, University of Basel, Switzerland**
Master's programme in Clinical Psychology; Major in Clinical Psychology, Psychotherapy, and Psychopathology
Master's thesis: "The relationship between mood, addictive behaviour and nicotine consumption in the everyday lives of opioid addicts"
- 10/2003 - 03/2006 **Faculty of Psychology, University of Basel, Switzerland**
Bachelor's programme in Psychology
Bachelor's thesis: "Prenatal stress - a risk factor? On the neuroendocrine influence of maternal stress during pregnancy on the foetus"

Clinical training

- 04/2019 - 04/2021 **Dachverband DBT e.V., Germany**
Further training in Dialectical Behavior Therapy for Adolescents (DBT-A)
- 11/2014 **Federation of Swiss Psychologists (FSP)**
Psychotherapy license
- 04/2010 - 09/2014 **Institute of Psychology, Faculty of Human Sciences, University of Bern, Switzerland**
Master in Advanced Studies in Psychotherapy (MASPT)

Professional activity

Research activity

- Since 07/2023 **University Hospital for Child and Adolescent Psychiatry and Psychotherapy, University of Bern, Switzerland**
Head of Research (strategy, personnel and budget)
- Since 04/2022 **University Hospital for Child and Adolescent Psychiatry and Psychotherapy, University of Bern, Switzerland**
Research Group Leader
Randomized controlled trial to investigate the effectiveness of an Ecological Momentary Intervention for adolescents and young adults with auditory verbal hallucinations
Funding from the Swiss National Science Foundation ([Ambizione](#) Grant: CHF 902,853) and private foundations (Ebnet Foundation: CHF 50,000; UPD Foundation: CHF 5,606; Burggemeinde Bern: CHF 2,000)
Currently supervising 4 PhD candidates
- 04/2021 - 06/2023 **University Hospital for Child and Adolescent Psychiatry and Psychotherapy, University of Bern, Switzerland**
Deputy Head of Research
- 11/2018 - 03/2021 **University Hospital for Child and Adolescent Psychiatry and Psychotherapy, University of Bern, Switzerland**
Postdoc (Prof. Dr. Michael Kaess)
- 03/2016 - 08/2018 **Orygen, Parkville VIC, Australia**
Postdoctoral Research Fellow
Funded by grants from the Swiss National Science Foundation ([Early Postdoc Mobility](#) fellowship: CHF 105,717) and private foundations (Bangerter-Rhyner Foundation: CHF 50,000; Janggen-Pöhn Foundation: CHF 48,000)
- 11/2008 - 10/2011 **University Psychiatric Clinics (UPK) Basel, Switzerland**
PhD student in the [research](#) project "Predicting engagement with community mental health services for chronic schizophrenia: Recovery orientation, insight or therapeutic bond - what's most crucial?", funded by the Swiss National Science Foundation (Prof. Dr. Roland Vauth)
- 09/2006 - 06/2008 **Faculty of Psychology, University of Basel, Switzerland**
Research assistant at the Department of Clinical Psychology and Psychotherapy (Prof. Dr. Jürgen Margraf)

Clinical activity

- 03/2020 - 03/2021 **University Psychiatric Services (UPD), University Hospital for Child and Adolescent Psychiatry and Psychotherapy, Bern, Switzerland**
Co-head of the inpatient unit specialized in Dialectical Behavior Therapy for Adolescents (DBT-A)
- 11/2018 - 02/2020 **University Psychiatric Services (UPD), University Hospital for Child and Adolescent Psychiatry and Psychotherapy, Bern, Switzerland**
Psychotherapist at the outpatient clinic for risk-taking and self-harming behavior (AtR!Sk)
- 06/2013 - 02/2016 **University Psychiatric Services (UPD), University Hospital for Psychiatry and Psychotherapy, Bern, Switzerland**
Psychotherapist in training at the inpatient unit Schwartzlin
- 06/2012 - 05/2013 **Hospital for Psychiatry, Psychotherapy and Psychosomatics, Psychiatric Services, Solothurn, Switzerland**
Psychotherapist in training at an acute care unit
- 01/2012 - 05/2012 **University Psychiatric Clinics Basel, (UPK) Switzerland**
Psychotherapist in training at the outpatient clinic for psychoses and transcultural psychiatry

Further education

- 08/2023 **SPPH+ Lugano Summer School in Public Health Policy, Economics, and Management, Switzerland**
Community-based participatory methods in public health
- 05/2023 - 08/2023 **University Psychiatric Services (UPD) Bern, Switzerland**
Leadership workshop "Effective and goal-orientated meetings"
- 11/2022 - 12/2022 **University Psychiatric Services (UPD) Bern, Switzerland**
Leadership workshop for beginners
- 06/2022 **University of Bern, Switzerland**
Training for PhD Supervisors
- 11/2018 **University of Bern, Switzerland**
Academic teaching course ("Basics der Hochschuldidaktik")
- 11/2015 **University of Bern, Switzerland**
Good Clinical Practice (GCP) I + II

Institutional responsibilities

Since 04/2021 **University Psychiatric Services (UPD), University Hospital for Child and Adolescent Psychiatry and Psychotherapy, Switzerland**
Member of the executive board

Research projects

Ongoing projects

Establishment of a young people advisory group (YPAG) and a parent advisory group for the Research Department of the University Hospital for Child and Adolescent Psychiatry and Psychotherapy

- Project to promote [collaboration with people with lived experiences](#) in research ("Patient and Public Involvement")
- Duration: Since 01/2024
- Funding: UPD Foundation (CHF 5,606), Burgergemeinde Bern (CHF 2,000)
- Role: P.I.

EARLY: Investigating early signs and development course of Personality Disorders in young people

- Multicentre longitudinal study to investigate the development of personality disorders in children / adolescents aged 6-17 years
- Duration: Since 11/2023
- Funding: Botnar Research Center for Child Health (BRCCH), main applicant: Dr. Marc Birkhölzer, University Psychiatric Clinics (UPK) Basel, Switzerland
- Role: Consortium member, P.I. for Bern

A smartphone-based ecological momentary assessment and intervention for adolescents with auditory verbal hallucinations

- Randomized controlled trial to investigate the effectiveness of an Ecological Momentary Intervention for adolescents and young adults with auditory verbal hallucinations
- Duration: 04/2022 - 03/2026
- Funding: Swiss National Science Foundation ([Ambizione](#); CHF 902,853), Ebnet Foundation (CHF 50,000)
- Role: P.I.

MERIT - Monitoring Early Response of Inpatient Treatment

- Clinical study to investigate treatment trajectories and identify non-responders, as well as to test the effectiveness of weekly feedback to clinicians on the treatment outcome (using clinical

interviews and questionnaires, Ecological Momentary Assessment, electrocardiogram and actigraphy)

- Duration: Since 12/2022
- Funding: Research funding from the University Hospital for Child and Adolescent Psychiatry and Psychotherapy Bern
- Role: Co-applicant for the ethics application, project manager (P.I.: Prof. Dr. Michael Kaess)

Ready4life

- Evaluation of a just-in-time intervention to reduce problematic use of social media and gaming as part of an [app](#) to promote life skills in adolescents and young adults (universal prevention)
- Duration: Since 08/2022
- Funding: Research funding from the University Hospital for Child and Adolescent Psychiatry and Psychotherapy Bern
- Role: Project manager (P.I.: Prof. Dr. Michael Kaess)

Completed projects

The neurocognitive underpinnings of unstable interpersonal relationships in adolescents with borderline personality disorder features

- Experimental fMRI study to investigate the cognitive and neuronal underpinnings of characteristic interpersonal difficulties of adolescents with borderline personality disorder
- Duration: 09/2019 - 11/2022
- Funding: Research funding from the University Hospital for Child and Adolescent Psychiatry and Psychotherapy Bern
- Role: Co-applicant for the ethics application, project manager (P.I.: Prof. Dr. Michael Kaess)

Borderline personality disorder symptoms in youth as predictors of long-term forensic outcome

- Investigation of the correlation between borderline symptoms in youth and the risk of criminal offences (as perpetrator/victim) using data from medical records and a police register
- Duration: 09/2017 - 08/2018
- Funding: Bangerter-Rhyner Foundation (CHF 50,000), Janggen-Pöhn Foundation (CHF 48,000)
- Role: P.I.

The cognitive underpinnings of auditory verbal hallucinations in young people with borderline personality disorder in comparison to those with first-episode psychosis

- Investigation of auditory verbal hallucinations (characteristics, evaluation, coping) in youth with borderline personality disorder compared to youth with first-episode psychosis
- Duration: 03/2016 - 12/2017
- Funding: Swiss National Science Foundation ([Early Postdoc Mobility](#); CHF 105,717), Bangerter-Rhyner Foundation (CHF 50,000; due to the regulations of the Swiss National

Science Foundation, only CHF 22,500 could be accepted), Janggen-Pöhn Foundation (CHF 48,000; due to the regulations of the Swiss National Science Foundation, the grant could not be accepted)

- Role: P.I.

Motive-oriented therapeutic relationship in the treatment of people with schizophrenia

- Investigation of motive-oriented relationship design in the therapy of patients with schizophrenia
- Duration: 07/2015 - 02/2016
- Funding: none
- Role: Co-applicant for the ethics application (P.I.: Prof. Dr. Stefan Westermann)

Is thought disorder in schizophrenia a specific dysregulation in the language system?

- MRI study to investigate the neuronal underpinnings of formal thought disorders in adults with schizophrenia
- Duration: 01/2015 - 02/2016
- Funding: Research funding from the University Clinic for Psychiatry and Psychotherapy Bern
- Role: Co-applicant for the ethics application (P.I.: Prof. Dr. Philipp Homan)

Awards

10/2022	Early career researchers award 2022, European Society for the Study of Personality Disorders (ESSPD; €1,000)
06/2019	1 st Poster Prize, 18 th International Congress of the European Society for Child and Adolescent Psychiatry (ESCAP), Vienna, Austria
04/2019 - 04/2020	COMET - Career Programme (CHF 3'000), University of Bern, Switzerland
03/2010 - 04/2011	Mentoring programme Women Into Industry (WIN), cooperation between Novartis and the University of Basel, Switzerland

Activity as a reviewer and editor

Editorial Board

Since 05/2023 Associate Editor for the journal Child and Adolescent Psychiatry and Mental Health

Guest editor

02/2021 Co-Section Editor with Prof. Andrew Chanen and Prof. Carla Sharp for a special issue on "Personality Pathology: Developmental Aspects" of the journal Current Opinion in Psychology

Peer reviews for journals

Since 2015 Schizophrenia Research, Clinical Psychology & Psychotherapy, Borderline Personality Disorder and Emotion Dysregulation, European Child and Adolescent Psychiatry, British Journal of Clinical Psychology, British Journal of Psychiatry, Schizophrenia Bulletin, Psychiatry Research, Journal of Mental Health, Psychosis, Journal of Affective Disorders, Journal of Nervous and Mental Disease, Cognitive Neuropsychiatry, European Psychiatry

Institutions

08/2023 UK Research and Innovation (UKRI)

Memberships

Since 02/2023 Swiss Society for Cognitive Behavioural Therapy (SGVT)
Since 09/2022 European Association of Clinical Psychology and Psychological Treatment (EACLIPT)
Since 07/2019 Early Career Hallucinations Research Group (ECHR)
Since 07/2014 Federation of Swiss Psychologists (FSP)
Since 07/2014 Network for Scientific Psychotherapy (NWP)
12/2003 - 12/2011 Swiss Study Foundation