

Salome Wild

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Education

December 2022 - Present	PhD student, University Hospital of Child and Adolescent Psychiatry and Psychotherapy, University of Bern
October 2020	Master of Science in Psychology (Clinical Psychology and Psychotherapy), <i>insigni cum laude</i> , University of Bern
September 2017	Bachelor of Science in Psychology (Major) and Political Sciences (Minor), University of Bern

Internships

May 2018 - July 2020	Psychiatric University Hospitals Basel (UPK), Research Department of Child and Adolescent Psychiatry
October 2017 - January 2018	Psychiatric Services Grisons (PDGR), Klinik Beverin, acute inpatient psychiatry unit

Publications

Fontanellaz-Castiglione, Ch., Wild, S., & Tarokh, L. (2021). Schlaf im Jugendalter. *Magazin P & G (Prävention und Gesundheitsförderung Kanton Zürich)*, 1, 7.

Wild, S., & Tarokh, L. (2022). Narcolepsy in children and adolescents. Submitted to *SLEEP*.

Fontanellaz-Castiglione, Ch., Wild, S., Schaufler, S., Hamann, Ch., Kaess, M., & Tarokh, L. (2022). Sleep Regularity in Healthy Adolescents and its Association with Depressiveness and Mental Health. In Preparation.

Presentations

February 2, 2021	<i>Sleep and mental health in adolescence: A dimensional and transdiagnostic approach</i> . Presentation at "Zentrales Forschungsmeeting", UPD KJP Bern, Switzerland.
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- February 10, 2021 *Transdiagnostic associations between mental health and sleep in adolescence.* Presentation at the Scientific Conference, UPD Bern, Switzerland.
- September 23, 2021 *Neurophysiological evidence for dimensionality in mental health: On the associations of sleep and personality functioning.* Poster presentation at the Annual Meeting of the SSSSC (Swiss Society for Sleep Research, Sleep Medicine and Chronobiology), Solothurn, Switzerland.
- September 23, 2021 *A sustained and vicious cycle? Bidirectional relationships between sleep and stress in depressed and healthy adolescents.* Poster presentation at the Annual Meeting of the SSSSC (Swiss Society for Sleep Research, Sleep Medicine and Chronobiology), Solothurn, Switzerland.
- October 29, 2021 *The sleep-stress association in adolescence - a long-term bidirectional relationship?* Poster presentation at Clinical Neuroscience Bern (CNB) 2021, Bern, Switzerland.
- October 29, 2021 *The associations of sleep and personality functioning indicate dimensionality in mental health.* Poster presentation at Clinical Neuroscience Bern (CNB) 2021, Bern, Switzerland.
- May 9, 2022 *Associations of sleep regularity with depressiveness and mental health in healthy adolescents.* Presentation at "Zentrales Forschungsmeeting", UPD KJP Bern, Switzerland.
- September 2, 2022 *A question of perspective? Child and parent-reported internalizing problems and their associations with reduced sleep quality in early adolescence.* Presentation at Symposium «Schlaf als Schutzschild der Hirnentwicklung» at SGKJPP 2022, Zürich, Switzerland.
- September 27 – 30, 2022 *Parent- and child-reported internalizing problems are associated with reduced sleep quality in early adolescence – preliminary results based on a transdiagnostic, dimensional approach to mental health.* Poster presentation at ESRS 2022, Annual meeting of the European Sleep Research Society, Athens, Greece.
- September 27 - 30, 2022 *Caught in a continuous loop? An investigation of the temporal associations between sleep and stress in adolescence.* Poster presentation at ESRS 2022, Annual meeting of the European Sleep Research Society, Athens, Greece.