

List of publications

Dr. rer. nat. Dipl.-Psych. Judith Schäfer

ORIGINAL ARTICLES:

- Senftleben, U., Seidl, E., Leonhardt, L., Hilbert, K., Scherbaum, S., Muehlhan, M., ... & **Schäfer, J.** (2025). The cost of fear: Impairments of decision-making in specific phobia. *Behaviour Research and Therapy*, 104688.
- Blake, K. V., Hilbert, K., Ipser, J. C., Han, L. K., Bas-Hoogendam, J. M., Åhs, F., ...**Schäfer, J.**, ... & Groenewold, N. A. (2025). Brain Aging in Specific Phobia: An ENIGMA-Anxiety Mega-Analysis. *medRxiv*, 2025-03.
- Muehlhan, M., **Schäfer, J.**, Hilbert, K., Seidl, E., & Beesdo-Baum, K. Mapping the functional connectome of specific phobia and its treatment using MultiVariate Pattern Analysis (fc-MVPA) (Doctoral dissertation, Medical School Hamburg).
- Hilbert, K., Boeken, O. J., Langhammer, T., Groenewold, N. A., Bas-Hoogendam, J. M., Aghajani, M., ..., **Schäfer, J.**, ... & Lueken, U. (2024). Cortical and subcortical brain alterations in specific phobia and its animal and blood-injection-injury subtypes: a mega-analysis from the ENIGMA Anxiety Working Group. *American Journal of Psychiatry*, 181(8), 728-740.
- Thomas, S., **Schäfer, J.**, Kanske, P., & Trautmann, S. (2023). Patterns of social-affective responses to trauma exposure and their relation to psychopathology. *medRxiv*, 2023-07.
- Thomas, S., Hummel, K. V., **Schäfer, J.**, Wittchen, H. U., & Trautmann, S. (2023). Harassment and its association with depressive symptoms and suicidal behavior: The role of perceived stigma and nondisclosure. *Psychological services*, 20(1), 84.
- Thomas, S., Hummel, K. V., **Schäfer, J.**, Wittchen, H. U., & Trautmann, S. (2022). The role of harassment and group cohesion for depressive and anxiety symptoms. *Canadian Journal of Behavioural Science/Revue canadienne des sciences du comportement*, 54(3), 194.
- Thomas, S., Kanske, P., **Schäfer, J.**, Hummel, K. V., & Trautmann, S. (2022). Examining bidirectional associations between perceived social support and psychological symptoms in the context of stressful event exposure: a prospective, longitudinal study. *BMC psychiatry*, 22(1), 1-13.
- Hummel, K., Trautmann, S., Venz, J., Thomas, S., & **Schäfer, J.** (2021). Repetitive Negative Thinking – transdiagnostic correlate and risk factor for mental disorders? A proof-of-concept study in German soldiers before and after deployment to Afghanistan. *BMC Psychology*.
- Trautmann, S., Reineboth, M., Trikojat, K., Richter, J., Hagenaaers, M. A., Kanske, P., & **Schäfer, J.** (2018). Susceptibility to others' emotions moderates immediate self-reported and biological stress responses to witnessing trauma. *Behaviour research and therapy*, 110, 55-63.
- Schäfer, J.**, Zvielli, A., Höfler, M., Wittchen, H. U., & Bernstein, A. (2018). Trauma, attentional dysregulation, and the development of posttraumatic stress: An investigation of risk pathways. *Behaviour research and therapy*, 102, 60-66.
- Schäfer, J.**, Bernstein, A., Zvielli, A., Höfler, M., Wittchen, H. U., & Schönfeld, S. (2016). Attentional Bias Temporal Dynamics Predict Posttraumatic Stress Symptoms: A Prospective–Longitudinal Study among Soldiers. *Depression and Anxiety*.
- Schäfer, J.**, Wittchen, H.-U., Höfler, M., Heinrich, A., Zimmermann, P., Siegel, S., & Schönfeld, S. (2015). Is trait resilience characterized by specific patterns of attentional bias to emotional stimuli and attentional control? *Journal of Behavior Therapy and Experimental Psychiatry*. <http://doi.org/10.1016/j.jbtep.2015.03.010>

Trautmann, S., Schönfeld, S., Heinrich, A., **Schäfer, J.**, Zimmermann, P., & Wittchen, H. U. (2015). Risk Factors for Common Mental Disorders in the Context of Military Deployment: a Longitudinal Study. *European Psychiatry*, 30(S1), 1-1.

Trautmann, S., Schönfeld, S., Behrendt, S., **Schäfer, J.**, Höfler, M., Zimmermann, P., Wittchen, H.-U. (2014). Associations between lifetime PTSD symptoms and current substance use disorders using a five-factor model of PTSD. *Journal of Anxiety Disorders*.
<http://dx.doi.org/10.1016/j.janxdis.2014.11.009>.

Wittchen, H. U., Schönfeld, S., Thurau, C., Trautmann, S., Galle, M., Mark, K., Hauffa, R., Zimmermann, P., **Schäfer, J.**, Steudte S., Siegert, J., Höfler, M., Kirschbaum, C. (2012). Prevalence, incidence and determinants of PTSD and other mental disorders: design and methods of the PID-PTSD+ 3 study. *International journal of methods in psychiatric research*, 21(2), 98-116.

NON-PEER-REVIEWED ARTICLES

Zimmermann, P., **Schäfer, J.**, Trautmann S. (2014). Das Risiko erneuter Auslandseinsätze bei Soldaten mit einsatzbezogener Posttraumatischer Belastungsstörung. *Verhaltenstherapie und Psychosoziale Praxis*, 46(3),748-758.

BOOK CHAPTERS:

Schäfer, J., Wittchen, H.-U. (2020). Kognitive Trainings. In *Klinische Psychologie und Psychotherapie* (pp. 683-694). Springer, Berlin, Heidelberg.

PUBLIC MEDIA:

Galileo—Video—Spinnenphobie: So soll man die Angst vor Spinnen besiegen—ProSieben. (2018). Abgerufen 27. Mai 2021, von <https://www.prosieben.de/tv/galileo/videos/2018303-spinnenphobie-so-soll-man-die-angst-vor-spinnen-besiegen-clip>

MDR Sachsen – Interview – Spinnenphobie. MDR Sachsen (2023).

Terraxplore—Video: Was, wenn ich mein Kind nicht direkt liebe? ZDF (2025). Abgerufen am 25.03.2025 von <https://www.zdf.de/play/reportagen/bin-ich-bereit-fuer-kinder-100/was-wenn-ich-mein-kind-nicht-direkt-liebe-100?q=elternliebe>.

CONFERENCE ACTIVITIES:

Schäfer, J. (2025). Witnessing Trauma: Effects on Interpretation and Judgement Biases and Their Link to PTSD symptomatology. ACBM Congress 2025 in Munich. (Talk).

Jung, A.J., Beesdo-Baum, K., **Schäfer, J.**, Lämmehirdt, L.N. (2025). Designing a Trauma App: Identifying Needs and Predictors of Usage in a Trauma-Exposed Population. DeGPT Jahrestagung 2025 in Hamburg (Poster).

Schäfer, J. (2022). The role of emotion regulation and mindfulness in the etiology of posttraumatic intrusions and cognitions. EABCT Congress 2022 in Barcelona. (Talk).

Schäfer, J. (2019). The role of mindfulness and emotional regulation in the development of PTSD symptomatology: Findings from a trauma analogue study. Paper presented at the World Congress of Behavioural and Cognitive Therapies. Berlin, Germany.

Schäfer, J. (2019). Tackling the problem of unreliable attentional bias measurements: Considering its temporal dynamics might be one possible solution. Talk at the Conference on Personality and Psychological Assessment. Dresden, Germany.

Schäfer, J., Zvielli, A., Bernstein, A., Höfler, M., Wittchen, H.-U., Schönfeld, S.

Aufmerksamkeitsverzerrungen als dynamischer Prozess in der Entstehung und Aufrechterhaltung der posttraumatischen Belastungsstörung: Ergebnisse einer prospektiven Längsschnittstudie. DGPPN Congress 2015 in Berlin (Talk).

Schäfer, J., Zvielli, A., Bernstein, A., Höfler, M., Wittchen, H.-U., Schönfeld, S. Attentional Bias and Posttraumatic Stress Symptom Severity: A Dynamic Perspective in a Prospective Longitudinal Study among an At Risk Sample. EABCT Congress 2015 in Jerusalem. (Talk)

Schönfeld, S., **Schäfer, J.**, Höfler, M., Wittchen, H.-U. Identifying Cognitive-Emotional Risk Factors for Mental Health Problems after Combat Exposure and Trauma Experience in the German Military. EABCT Congress 2015 in Jerusalem. (Talk)

Schäfer, J. & Mühlhan, M. (2015). Von der Vulnerabilität bis zur Störung: Biologische und kognitive Determinanten von Traumafolgen. 9. Workshopkongress für Klinische Psychologie und Psychotherapie & 33. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, (Symposium).

Schäfer, J., Wittchen, H.-U., Höfler, M., Schönfeld, S. (2015) Resilienz bei Soldaten: Assoziationen mit Emotionsregulation und Aufmerksamkeitskontrolle. 9. Workshopkongress für Klinische Psychologie und Psychotherapie in Dresden (Talk).

Diers, K., **Schäfer, J.**, Weber, F., Brocke, B., Schönfeld, S., Strobel, A. (2015). The time-course of cognitive emotion regulation across prolonged time-scales. Psychologie und Gehirn Congress 2015 in Frankfurt (Talk).

Trautmann, S., Schönfeld, S., Heinrich, A., **Schäfer, J.**, Zimmermann, P., Wittchen, H.-U. (2015). Risk factors for common mental disorders in the context of military employment: A longitudinal study. EPA Congress, March 28-31, 2015, Vienna, Austria. (Talk)

Schäfer, J., Wittchen H.-U., Höfler, M., Trautmann, S., Heinrich, A., Zimmermann, P., Schönfeld, S. (2014). Assoziationen zwischen Aufmerksamkeitskontrolle, Traumadosis und depressiven Symptomen. DGPPN Congress 2014 in Berlin (Talk)

Schäfer, J., Schönfeld, S., Höfler, M., Wittchen, H.-U. (2014). Associations between attentional control and suicidality in German soldiers after deployment in Afghanistan. ECNP Congress 2014 in Berlin (Poster and abstract publication in the supplement of the Journal European Neuropsychopharmacology).

Schäfer, J., Wittchen, H.-U., Höfler, M., Schönfeld, S. (2014). Attentional control moderates the relationship between attentional vigilance to threat and symptoms of posttraumatic stress disorder respectively self-reported resilience in traumatized German soldiers. EABCT Congress 2014 in Den Haag. (Talk)

Schäfer J., Pannasch S., Richter J., Höfler M. & Schönfeld S. (2014) Peri-traumatic attentional bias to threat predicts posttraumatic intrusions depending on emotion dysregulation and attentional control. EABCT Congress 2014 in Den Haag. (Poster)

Schönfeld, S., **Schäfer, J.** & Wittchen, H.-U. (2014) The Role of Cognitive Perseverance in the Prediction of Posttraumatic Symptoms Following Deployment Related Trauma. EABCT Congress 2014 in Den Haag. (Talk)

Schönfeld, S., **Schäfer, J.** & Wittchen, H.-U. (2014). Overgeneral Memory Pre Trauma as a Vulnerability Factor for Current Posttraumatic Symptoms. EABCT Congress 2014 in Den Haag. (Talk)

Trautmann, S., Trikojat, K., **Schäfer, J.**, Strehle, J., Richter, J., Schönfeld, S. (2014). Anstieg von alkoholbezogenen Aufmerksamkeitsverzerrungen und Craving nach Erleben eines Traumas. 32. Symposium der Fachgruppe für Klinische Psychologie und Psychotherapie der Deutschen Gesellschaft für Psychologie (DGPs) in Braunschweig. (Talk)

Schäfer, J., Schönfeld, S., Wittchen, H.-U. Assoziationen zwischen Resilienz und Aufmerksamkeitsverzerrungen bei Soldaten der Bundeswehr kurz vor dem Auslandseinsatz. (2014). 16. Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie DeGPT. (Poster)