

Yasmine Ortler, PhD

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Research: Neurobiological & psychological mechanisms of self-regulation · Risk & resilience across development · Sleep

EDUCATION

09/2019	PhD in Psychology, University of Zurich, CH Doctoral thesis: "The Role of Sleep in Stress Adaptation and the Development of Intrusive Emotional Memories". Advisor: Prof. Dr. B. Kleim
12/2015	Diploma in Psychology (M.Sc. equivalent), University of Vienna, AT Diploma thesis: "The Role of the IDLPFC in the Affective Processes underlying Aesthetic Appreciation of Art" advised by Dr. M. Nadal, graduation in General and Clinical Psychology

EMPLOYMENT HISTORY

09/2022 -	RTD Junior ; Developmental Psychology, Faculty of Education, Free University of Bozen-Bolzano, IT
01/2020 - 07/2021	Postdoctoral researcher ; Translational Psychiatry Unit, University of Luebeck, DE
10/2019 - 12/2019	Postdoctoral researcher ; Experimental Psychopathology and Psychotherapy, University of Zurich, CH
03/2016 - 09/2019	Doctoral researcher ; Experimental Psychopathology and Psychotherapy, University of Zurich in affiliation with the Psychiatric University Hospital Zurich, CH
10/2014 - 08/2015	Student research assistant ; Institute for Applied Psychology: Health, Development, Enhancement and Intervention, Faculty of Psychology, University of Vienna, AT
07/2013 - 10/2013	Research Intern ; Social, Cognitive and Affective Neuroscience (SCAN) Unit, Department of Basic Psychological Research and Research Methods, University of Vienna, AT
03/2013 - 05/2013	Research Intern ; Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, DE
02/2012 - 04/2012	Research Intern ; Cluster of Excellence "Languages of Emotion", Free University of Berlin, DE

PUBLICATIONS

Publications prior to April 2026 were published under the name Yasmine Azza.

Peer-reviewed scientific journals

- Azza, Y.**, Kammerer, M. K., Ngo-Dehning, H.-V. V., Ehsanifard, M., Junghanns, K., & Wilhelm, I. (2026). Sleep to remember, sleep to protect: increased sleep spindle and theta activity predict fewer intrusive memories after analogue trauma. *Translational Psychiatry*. <https://doi.org/10.1038/s41398-026-03910-0>
- Glaubig, L., **Azza, Y.**, Beber, S., Silbernagl, P., Barradas, I., Peer, A., & Tschiesner, R. (2026). Slow-Oscillation Neurofeedback: A Narrative Review on Clinical Efficacy in Pediatric Settings. *Behavioral Sciences*, 16(3), 337. <https://doi.org/10.3390/bs16030337>
- Azza, Y.**, Wilhelm, F. H., Seifritz, E., Junghanns, K., Kleim, B., & Wilhelm, I. (2022). Sleep's role in updating aversive autobiographical memories. *Translational Psychiatry*, 12(1), 1-9. <https://doi.org/10.1038/s41398-022-01878-1>
- Stucky, B., Clark, I., **Azza, Y.**, Karlen, W., Achermann, P., Kleim, B., & Landolt, H. P. (2021). Validation of Fitbit Charge 2 Sleep and Heart Rate Estimates Against Polysomnographic Measures in Shift Workers: Naturalistic Study. *Journal of Medical Internet Research*, 23(10), e26476. <https://doi.org/10.2196/26476>
- Clark, I., Stucky, B., **Azza, Y.**, Schwab, P., Mueller, S., Weibel, D., ... & Landolt, H. P. (2021). Diurnal variations in multi-sensor wearable-derived sleep characteristics in morning-and evening-type shift workers under naturalistic conditions. *Chronobiology International*, 38(12), 1702-1713. <https://doi.org/10.1080/07420528.2021.1941074>
- Wilhelm, I., **Azza, Y.**, Brennwald, K., Ehrt-Schaefer, Y., Seifritz, E., & Kleim, B. (2021). Investigating the effect of a nap following experimental trauma on analogue PTSD symptoms. *Scientific Reports* 11(1), 1-11. <https://doi.org/10.1038/s41598-021-83838-1>

- Azza, Y., Wilhelm, I., & Kleim, B. (2020).** Sleep early after trauma: A target for prevention and early intervention for posttraumatic stress disorder? *European Psychologist*, 25, 239-251. <https://doi.org/10.1027/1016-9040/a000401>
- Azza, Y., Grueschow, M., Karlen, W., Seifritz, E., & Kleim, B. (2019).** How stress affects sleep and mental health: Nocturnal heart rate increases during prolonged stress and interacts with childhood trauma exposure to predict anxiety. *Sleep*. <https://doi.org/10.1093/sleep/zsz310>

Peer-reviewed conference abstracts (talks)

- Azza, Y., Ngo, H.-V., Ehsanifard, M., Wick, A., Junghans, K., & Wilhelm, I. (2023, May).** Examining the effects of sleep in stress adaptation after a laboratory trauma. 2. *Deutscher Psychotherapie Kongress* Berlin, DE
- Azza, Y., Ngo, H.-V., Wick, A., Junghans, K., & Wilhelm, I. (2022, September).** REM theta activity predicts stress adaptation after experimental trauma. 14. *Tagung der Österreichischen Gesellschaft für Psychologie* Klagenfurt, AT
- Azza, Y., Wilhelm, F. H., Seifritz, E., Junghans, K., Kleim, B., & Wilhelm, I. (2022, June).** Der Einfluss von Schlaf auf die Rekonsolidierung belastender autobiographischer Erinnerungen. *Deutscher Psychotherapie Kongress*, Berlin, DE
- Azza, Y., Clark, I., Karlen, W., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, December).** Sleep's role in the development of intrusive emotional memories and resilience after trauma: A translational neuroscience approach. *Zurich Sleep Retreat*, Zurich, CH
- Azza, Y., Clark, I., Rosemann, S., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, June).** Effect of Sleep After Trauma on Intrusive Emotional Memories. 32nd *annual meeting of the Associated Professional Sleep Societies (SLEEP)*, Baltimore, USA
- Azza, Y., Wilhelm, I., Weber, S. & Kleim, B. (2017, May).** Schlaf nach Traumaexposition – Prävention oder Risikofaktor? Ein Update. 35th *Symposium of the Division of Clinical Psychology, German Psychological Society (DGPs)*, Chemnitz, DE
- Azza, Y., Wilhelm, I. & Kleim, B. (2017, February).** Schlaf nach Traumaexposition – Prävention oder Risikofaktor? 19th *Annual Conference of the German-speaking Society of Psychotraumatology (DeGPT)*, Zurich, CH

Poster presentations

- Azza, Y., Ngo, H.-V., Wick, A., Rohrbach, F., Strelow, L.-S. & Wilhelm, I. (2021, June).** The role of slow wave and theta activity in stress adaptation after experimental trauma. 46. *Jahrestagung Psychologie und Gehirn online*.
- Azza, Y., Clark, I., Mueller, S., Karlen, W., Seifritz, E., Landolt, H.P. & Kleim, B. (2019, July).** Sleep as predictor of intrusive symptoms? *World Congress of Behavioural and Cognitive Therapies*, Berlin, DE
- Azza, Y., Clark, I., Mueller, S., Karlen, W., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, November).** Sleep as predictor of intrusive symptoms? *International Pharmac-EEG Society (IPEG) Meeting*, Zurich, CH
- Azza, Y., Grueschow, M., Feinaigle, P., Karlen, W., Seifritz, E. & Kleim, B. (2018, September).** The influence of Childhood Trauma on Sleep and Stress Reactivity Later in Life. 24th *Congress of the European Sleep Research Society (ESRS)*, Basel, CH
- Clark, I., **Azza, Y.**, Mueller, S., Schwab, P., Karlen, W., Seifritz, E., Kleim, B., & Landolt, H. P. (2018, September). A field-study on the role of sleep in stress resilience in rescue workers: preliminary analyses of wrist-actigraphy and home-polysomnography. *Journal of Sleep Research*, (27), 24th *Congress of the European Sleep Research Society (ESRS)*, Basel, CH
- Azza, Y., Clark, I., Rosemann, S., Schwab, P., Müller, S., Karlen, W., Vetter, S., Seifritz, E., Landolt, H.P. & Kleim, B. (2018, May).** Schlaf als Prädiktor von Intrusionen? 36th *Symposium der Fachgruppe Klinische Psychologie und Psychotherapie*, Landau, DE
- Azza, Y., Guarnieri, T., Feinaigle, P., Seifritz, E. & Kleim, B. (2017, September).** Poor quality sleep reduces resilience, but social networks may act as a buffer: A prospective daily diary study in at-risk individuals. 3rd *international Symposium on Resilience Research*, Mainz, DE