

**1) Personal Information:**

**Name:** Znoj, Hans Jörg

**Academic degree:** Prof. Dr. phil.

**Birth Date:** September 3, 1957

**Nationality:** Swiss

**Professional adress:** Klinische Psychologie und Psychotherapie,  
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**Researcher ID:** **Google Scholar:** Hansjoerg Znoj, h-index: 25  
**ResearchGate:** Hansjörg Znoj, h-index: 21, RG score: 36.25

**2) Education:**

1977 Professional school (engineering) with "Berufsmaturität"  
1980 eidgenössische Matura  
1980-1987 Psychological Studies in Bern (lic. phil.)  
1992 Promotion (Dr. phil.), University of Bern  
1993-1996 post-doc Studies at UCSF, San Francisco, CA  
1987-1993 postgraduate (informal) psychotherapy in Bern  
1994-1996 postgraduate school in Psychotherapy (Mental Research Institute (Palo Alto, CA)  
2001 Habilitation (Privat Dozent)

**3) Employment history:**

1985-1987 Scientific student assistant  
1987-1989 Research assistant  
1989-1993 Scientific assistant (University of Bern),  
1993-1996 SNF-granted post-doc (UCSF)  
1996-2001 Head-assistant (University of Bern)  
2002-2006 Assistant-Professor (University of Bern)  
2005-2007 ad interim head of the department of Clinical Psychology and Psychotherapy  
2006 a.o. Professor for Clinical Psychology (University of Bern)

**Current position:**

a.o. Professor for Clinical Psychology (since 2006), since 2018 head of the department "Health Psychology and Behavioral Medicine"  
Co-director Institut of Psychology

**4) Institutional responsibilities:**

2009-2011 Member and president of the "Ethik-Kommission der Phil.-hum. Fakultät"  
Present: Head of finance planning of the phil.-hum. Fakultät (since 2011)  
Present: Member of the ESBK (Eidg. Spielbanken Kommission)  
Present: Member of the KEK (Kantonale Ethik-Kommission, Bern)

**5) Approved research projects:**

Earlier projects not mentioned  
2007-2010 SNF 105314-118312/1 (Barth, Znoj, Jüni & Egger: "Revising the Berne meta-analysis for psychotherapeutic interventions")

2009-2012 SNF 100014-124574/1 (Znoj, Hofer, Grosse Holtforth, Müri: "Does an integrative neuro-psychotherapy program foster the adjustment in depressed stroke patients? A randomized controlled study")  
 2009-2011 SNF 100014-126648 (Coping with the urge to smoke: An experience sampling approach among self-quitters)  
 2010-2015 SUVA Progrès "OptiFAB" (randomized study after screening for psychological risk factors; Znoj, Schade & Hoffmann-Richter)  
 2012-2015 SNF (32003B\_140960; von Känel, Schmid, Schnyder, Znoj & Barth): A Randomized-Controlled Minimal Early Behavioral Intervention Trial to Prevent the Development of Posttraumatic Stress Caused by Acute Myocardial Infarction  
 2015-2018 SNF: IP212 (NCCR LIVES) "Critical Events in Couples Life. Paths of Psychological Adaptation to Critical Life Events in Close Relationships – Processes, Vulnerabilities, Resources, and Intervention (Pasqualina Perrig-Chiello, Hans Jörg Znoj, Dario Spini)  
 2018-2020: Suva: Internetbasierte Selbsthilfe für Menschen mit Anpassungsproblemen nach einem Unfallereignis (Znoj & Berger Fr. 207'000).

**6) Supervision of Junior Researchers at graduate and postgraduate level:**

Prof. C. Flückiger (SNF-Prof.); Prof. Nadine Messerli (SNF-Prof.):  
 Doctorates e.g. : S. Abegglen; M. Bachmann; R. Meister; S. Schmidt; H. Gerger, Th. Munder; M. Princip; I. Pjanic; S. Stauber; and others.

**7) Teaching activities:**

Bachelor: Einführung in die Klinische Psychologie (Vorlesung) 1 & 2  
 Master-Level: Gesundheitspsychologie und Verhaltensmedizin (Vorlesung); Seminars and proseminars on various topics.

**8) Memberships in panels and boards:**

Member of the board postgraduate "Master of Advanced Studies in Psychotherapy, University of Bern"  
 Member of the board "MAS Psychotraumatology, University Zürich"  
 Member of the board "CAS Palliative Care", University of Bern (since 2017).  
 Present: Member of the ESBK (Eidg. Spielbanken Kommission)  
 Present: Member of the KEK (Kantonale Ethik-Kommission, Bern)  
 1998-2007 Committee member of the Swiss Psychological Society  
 1999-2005 President of the "Verband Bernischer Psychologinnen und Psychologen VBP"

**9) Membership in Societies:**

American Psychological Association (APA, international member)  
 International Society for Psychotherapy Research (SPR)  
 Swiss Psychological Society  
 Federation of Swiss Psychologists (FSP)  
 German Society of Psychology (DGfP)

**10) Organisations of Conferences:**

SGP/SSP Conference in Bern

**11) Prizes, awards, fellowships:**

SNF-post-doc fellowship (1993-1996) at the UCSF, San Francisco, USA

**12) Career breaks:**

none

## Major scientific achievements

### Development of a questionnaire to quantify the theodicy in bereaved persons

Together with C. Morgenthaler Znoj developed a measure to quantify the theodicy in bereaved persons along with a measure of religious coping. Although this work has been done before the 5-years limit, the work is of great importance for the proposed project. In addition to its psychometric quality, the measure of theodicy was related to well-being and depressive mood in parents bereft of a child. The combination of psychological and theological knowledge resulted in new insights about the important factors in terms of serious adverse life-events (Znoj, H. J., Morgenthaler, C., & Zwingmann, C. (2004). Mehr als nur Bewältigen? Religiosität, Stressreaktionen und Coping bei elterlicher Depression nach dem Verlust eines Kindes. In C. Zwingmann & H. Moosbrugger (Eds.), *Religiosität: Messverfahren und Studien zu Gesundheit und Lebensqualität. Neue Beiträge zur Religionspsychologie*. (pp. 277-298). Münster: Waxmann).

### Development of a test of emotional embitterment

Recently, embitterment has been discussed as a reaction following psychological trauma and is seen as a specific reaction (e.g., Linden & Maercker, 2011). Znoj (2008, BVI. Berner Verbitterungs Inventar. Manual. Bern, Göttingen: Huber Hogrefe) published an inventory to measure the embitterment reaction and tested it in various populations. Embitterment is also often used in religious contexts. In the proposed project we assume that internal religious conflicts have an important role as a mediator of specific reactions to trauma or adverse life-events. Religious/spiritual (R/s) struggles imply negative emotions (e.g. anger) and are connected with poorer health outcomes and even psychopathology. In addition, r/s struggles can be seen as motivational conflicts driven by personal belief systems as well as cultural constraints. In the context of psychotherapy research, Znoj has worked with the consistency-theory of Grawe (e.g., 2004) and has experience with a multitude of tools to investigate such motivational conflicts (e.g. Znoj, H. J., Jeger, P., & Grawe, K. (2000). Die differentielle Bedeutung des Handlungskontrollmodus für klärungs- und bewältigungsorientierte Therapien. *Zeitschrift für Klinische Psychologie, Forschung und Praxis*, 29(1), 52-59). Action control could be specifically important when dealing with r/s, especially in the case of migration or the experience of a cultural conflict. But we as a research group have developed other measures such as the INK (Inkongruenz-Fragebogen), a self-report for incongruency or motivational conflict (Grosse Holtforth, M., Grawe, K., Fries, A., & Znoj, H. J. (2008). Inkonsistenz als differentielles Indikationskriterium in der Psychotherapie – eine randomisierte kontrollierte Studie. [Inconsistency as a criterion for differential indication in psychotherapy – a randomized controlled trial]. *Zeitschrift für Klinische Psychologie und Psychotherapie*, 37(2), 103-111).

### Development of an internet-based self-help tool for bereaved persons as well as an intervention for person in separation or divorce who have problems with the loss

Perhaps of less importance in terms of the proposed project Znoj and coworkers developed an Internet-based self-help tool for separated or divorced persons. We observed that these persons not only have similar problems as bereaved persons with adaptation problems but also experience a large amount of unresolved anger. Anger can have many sources but unresolved anger often is expressed in embitterment and could be a chronic condition. In an attempt to break the maintaining factors we developed exercises for this online-tool. The results of this yet not published study are highly promising. Grief may also play an important role in terms of r/s struggles, as bereavement often leads to either the search for spiritual or religious support or the abandonment of a belief-system not longer seen as preventive of personal disaster (Brodbeck, J., Berger, T., & Znoj, H. J. (2017). An internet-based self-help intervention for older adults after marital bereavement, separation or divorce: study protocol for a randomized controlled trial. *Trials*, 18 (21). doi:<https://doi.org/10.1186/s13063-016-1759-5>).

### **Development of a 1-hour-intervention for person hospitalized because of myocardial infarction**

In the context of an adverse life-event, namely a myocardial infarction we hypothesized that a specific trauma-focused psychological counseling would be superior to an instruction of coping concepts and coping tools. The session took place in the coronary care unit within 48 hours by the bedside after patients have reached stable circulatory conditions. Each patient additionally received an illustrated information booklet as study material. Together with Princip and Meister Znoj developed the intervention and supervised the counseling. Interestingly, the specific trauma-related counseling showed no superiority vs. the general coping instruction. However in both conditions we found only a small number of patients who showed clinically relevant symptoms of PTSD. This research was accepted for publication (von Känel, R., Barth, J., Princip, M., Meister-Langraf, R. E., Schmid, J.-P., **Znoj, H.**, Herbert, C., Schnyder, U. (in press). Early psychological counseling for the prevention of posttraumatic stress induced by acute coronary syndrome: The MI-SPRINT randomized controlled trial. *Accepted for Publication in Psychotherapy and Psychosomatics*).

### **Development of an Implicit Association Test (IAT) for religious preferences in the context of the recruitment for the CAS “Religious Care in Migration Contexts” (together with Hupfeld and Noth)**

Motives and conflicting religious beliefs are hard to assess. Greenwald and coworkers developed the Implicit Association Test (IAT) to measure attitudes and beliefs that people may be unwilling or unable to report. In order to adapt the IAT to assess preferences of one's own religious belief-system, we tested this measure with a group of participants who were interested in achieving a certificate in advanced studies in religious care in migration contexts. The measure will be tested elsewhere but showed already promising results in terms of cohesion to one's own belief-system. Recently, a number of studies have highlighted the importance of examining the relationship between r/s struggles and personal growth. Znoj has investigated also personal growth in at least two major studies (in bereaved parents and in persons who suffered a paraplegia) and discussed this finding in *The Handbook of Posttraumatic Growth* (Znoj, H. (2006). Bereavement and posttraumatic growth. in L. Calhoun & R. Tedeschi (Eds.), *The Handbook of Posttraumatic Growth: Research and Practice*. (pp. 176-196). Mahwah, NJ: Lawrence Erlbaum).

Bern, October 2018



Hansjörg Znoj