

Curriculum Vitae

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Education

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| | FRIEDRICH-ALEXANDER UNIVERSITY | Erlangen |
| 10/2017 – 09/2019 | Master of Science, Psychology | |
| 10/2013 – 09/2016 | Bachelor of Science, Psychology | |

Experience

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| 09/2016 – 11/2016 | MAX-PLANCK-INSTITUTE F. EVOLUTIONARY ANTHROPOLOGY Research Intern | Leipzig |
| 01/2016 – 03/2016 | UNIVERSITY CLINIC Research Intern, Neurology Clinic | Erlangen |
| 01/2016 – 09/2019 | FRIEDRICH-ALEXANDER UNIVERSITY Student Assistant, Clinical Psychology & Psychotherapy | Erlangen |
| 08/2014 – 10/2016 | UNIVERSITY CLINIC Student Assistant, Medical Psychology & Sociology | Erlangen |
| 10/2019 – | FRIEDRICH-ALEXANDER UNIVERSITY Scientific Staff & PhD Student, Clinical Psychology & Psychotherapy | Erlangen |

Commitment

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| 03/2018 - | PUBLIC HEALTH TASK FORCE, FRIEDRICH EBERT FOUNDATION Member | Bonn |
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Awards & Funding

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| 10/2017 | POSTER AWARD International Society for Research on Internet Interventions | Berlin |
| 03/2018 - 09/2019 | SCHOLARSHIP Friedrich Ebert Foundation | Bonn |
| 01/2020 – | FELLOWSHIP Bavarian Center for Digitalization | Munich |

Selected research contributions can be found on the following page.

Research Contributions (selected)

Talks & Presentations

- Harrer, M.**, Schlicker, S., Baumeister, H., Titzler, I., Paganini, S., Lin, J., Sander, L., Lehr, D., Bahn, S., Ramsey, J., Bahn, S., & Ebert, D.D. (2016) *Internet- and mobile-based treatment of comorbid depression in chronic back pain patients on sick leave - Study design and usability*. Poster presented at 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, June 2016, Bielefeld, Germany. DOI: 10.13140/RG.2.1.2403.6084.
- Harrer, M.**, Fleischmann, R. J., Adam, S.H., Straube, A., & Ebert, D.D. (2016) *Tackling MHDs at the time of the onset: Preliminary results of a 2-armed RCT evaluating the effectiveness of an Internet- and App-based stress intervention for college students*. Oral presentation at 4th ESRII Conference, September 2016, Bergen, Norway.
- Harrer, M.**, Adam, S.H., Fleischmann, R.J., Laferton, J.A.C., Cuijpers, P., Kessler, R.C., Baumeister, H., Berking, M., & Ebert, D.D. (2017). *Unterstützung in stürmischen Zeiten: Wirksamkeit, Moderatoren, und gesundheitsökonomische Evaluation einer Internet- und App-basierten Intervention für Studierende mit erhöhtem Stress*. Poster presented at 35. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, May 2017, Chemnitz, Germany.
- Laferton, J.A.C., **Harrer, M.**, Ebert, D.D. (2017). Negative Stressannahmen beeinflussen die Wirksamkeit einer Internet- und App- basierten Intervention für Studierende. Oral presentation at 35. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, May 2017, Chemnitz, Germany.
- Harrer, M.**, Adam, S.H., Fleischmann, R.J., Kessler, R.C., Bruffaerts, R., Auerbach, R.P., Cuijpers, P., Apolinário-Hagen, J., Berking, M., & Ebert, D.D. *Addressing mental health disorders at the time of the onset*. Oral presentation at the 13. Kongress für Gesundheitspsychologie, August 2017, Siegen, Germany.
- Harrer, M.**, Adam, S.H., Fleischmann, R.J., Kessler, R.C., Bruffaerts, R., Auerbach, R.P., Cuijpers, P., Berking, M., & Ebert, D.D. *Addressing mental health disorders at the time of the onset*. Poster presentation at the 7th ISRII Conference, October 2017, Berlin, Germany.
- Harrer, M.**, Adam, S. H., Thomas, M., Saruhanjan, K., Baumeister, H., ... & Ebert, D. D. (2018). *Effectiveness of psychological Interventions for the Prevention and Treatment of Mental Disorders in College Students: A Series of Meta-Analytic Reviews within the WHO International College Student Project*. Oral presentation at 51st Congress of the German Society for Psychology, October 2018, Frankfurt, Germany.
- Apolinário-Hagen, J., Wopperer, J., Wals, F., Kemper, J., Salewski, C., **Harrer, M.**, & Ebert, D. D. (2019). *Exploring the usefulness of testimonials as a tool to improve the acceptance of e-mental health interventions among university students: Preliminary results of a pilot RCT*. Poster presented at the 6th ESRII Conference, September 2019, Copenhagen, Denmark.
- Schoenenberg, K., Bosbach, K., **Harrer, M.** & Martin, A. (2019). *Predicting the acceptance of participating in iCBT for body dysmorphic disorder*. Poster presented at the 6th ESRII Conference, September 2019, Copenhagen, Denmark.

Publications

- Apolinário-Hagen, J., **Harrer, M.**, Kählke, F., Fritsche, L., Salewski, C., & Ebert, D. D. (2018). Public Attitudes Toward Guided Internet-Based Therapies: Web-Based Survey Study. *JMIR Mental Health*, 5(2).
- Breedvelt, J.F.F, Amanvermez, Y., **Harrer, M.**, Karyotaki, E., Gilbody, S., Cuijpers, P., Bockting, C. & Ebert, D.D. (2018). The effects of meditation, yoga and mindfulness on depression, anxiety and stress compared to control for students in tertiary education: A Meta-Analysis. *Frontiers in Psychiatry*, 10, 193.
- Ebert, D.D., & Baumeister, H. (2019, in press). E-Mental Health: Internet- und mobilbasierte Interventionen in der Psychotherapie. in: Wittchen, H.-U., & Hoyer, J. (Eds.) *Klinische Psychologie & Psychotherapie*. Berlin: Springer. **Acknowledged contribution:** *Just in time adaptive Interventions: der therapeutische Arm im Alltag des Patienten*.
- Ebert, D.D., **Harrer, M.**, Apolinário-Hagen, J. & Baumeister, H. (2019). *Digital Interventions for Mental Disorders: Key Features, Efficacy, and Potential for Artificial Intelligence Applications*. In: *Research Methods and Interventions in Psychiatry – Artificial Intelligence, Precision Medicine, and other Paradigm Shifts* (Springer; in press).
- Fleischmann, R. J., **Harrer, M.**, Zarski, A. C., Baumeister, H., Lehr, D., & Ebert, D. D. (2018). Patients' experiences in a guided Internet-and app-based stress intervention for college students: a qualitative study. *Internet Interventions*, 12, 130-140.
- Harrer, M.** (2017) Addressing mental health disorders at the time of the onset. in: Schorr, A. (Ed.) *Health Psychology 2017*
- Harrer, M.**, Cuijpers, P., Furukawa T. A., & Ebert, D.D. (2018). *Doing Meta-Analysis in R: A Hands-on Guide*. Available at https://bookdown.org/MathiasHarrer/Doing_Meta_Analysis_in_R/
- Harrer, M.**, Adam, S. H., Baumeister, H., Cuijpers, P., Karyotaki, E., Auerbach, R. P., ... & Ebert, D. D. (2018). Internet interventions for mental health in university students: A systematic review and meta-analysis. *International Journal of Methods in Psychiatric Research*, 28(2), e1759.
- Harrer, M.**, Adam, S.H., Fleischmann, R.J., Baumeister, H., Lehr, D., Cuijpers, P., Auerbach, R.P., Bruffaerts, R., Kessler, R.C., & Ebert, D.D. (2018). Effectiveness of an Internet- and App-based Intervention for college students with elevated stress: results of a randomized controlled trial. *Journal of Medical Internet Research*, 20(4).
- Harrer, M.**, Apolinário-Hagen, J., Fritsche, L., Beck, K., Salewski, C., Zarski, A.-C., Baumeister, H., & Ebert, D.D. (2018). Internet- and App-based Stress Intervention for distance-learning students with depressive symptoms: protocol for a randomized controlled trial. *Frontiers in Psychiatry*, 10, 361.
- Harrer, M.**, Adam, S. H., Messner, E. M., Baumeister, H., Cuijpers, P., Bruffaerts, R., ... & Ebert, D. D. (2019). Prevention of Eating Disorders at Universities: A Systematic Review and Meta-Analysis. *PsyArXiv 10.31234/osf.io/w59ud* (accepted: *International Journal of Eating Disorders*)

Software

- Harrer M.**, Cuijpers P., Furukawa T. A., Ebert D. D. (2019). *dmatar: Companion R Package For The Guide 'Doing Meta-Analysis in R'*. R package version 0.0.9000, <http://dmatar.protectlab.org>. MIT License Ownership