

Eva-Maria Stelzer

Doctoral Candidate

Department of Psychology at the University of Arizona

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EDUCATION

Department of Psychology, University of Arizona
Graduate PhD Program

Tucson, AZ, USA
August 2016 - Present

Office of Instruction and Assessment, University of Arizona
Certificate in College Teaching

Tucson, AZ, USA
2017

Friedrich-Alexander University
Master of Science in Psychology (GPA: 3.9)

Erlangen-Nürnberg, Germany
2014 - 2015

Thesis: "Bouldering and Depression: Follow-up results of the pilot study "Klettern und Stimmung" and the impact of overall Physical Activity on Symptom Severity." (Supervisor: PD Dr. Katharina Luttenberger)

Friedrich-Alexander University
Bachelor of Science in Psychology (GPA: 3.8)

Erlangen-Nürnberg, Germany
2010 - 2014

Thesis: "Care is a Gift we are all Capable of Giving" on the motivation of hospice volunteers in the U.S. and Germany." (Supervisor: Prof. Dr. Frieder Lang)

Kalamazoo College
Study Abroad

Kalamazoo, MI, USA
2012 - 2013

PUBLICATIONS

Stiel, S., **Stelzer, E.-M.**, Schneider, N., & Herbst, F. A. (2018). Exploring end-of-life interaction in dyads of parents and adult children: a protocol for a mixed-methods study. *BMC Palliative Care*, *17*(68). doi: 10.1186/s12904-018-0322-4

Stelzer, E., Palitsky, R., Rodriguez, E., Long, E. N., & O'Connor, M.-F. (2020). The role of personal and communal religiosity in the context of bereavement. *Journal of Prevention and Intervention in the Community*, *48*(1), in press.

Stelzer, E., Book, S., Gräßel, E., Hofner, B., Kornberger, J., & Luttenberger, K. (2018). Bouldering psychotherapy reduces depressive symptoms even when general physical activity is controlled for: Results of a randomized waitlist-controlled intervention study. *Heliyon*, *4*(3), e00580.

Stelzer, E., Lang, F. R., Hörl, M., Kamin, S. T., & Claxton-Oldfield, S. (2018). German Version of the Inventory of Motivations for Hospice Palliative Care Volunteerism: Are there gender differences? *American Journal of Hospice and Palliative Care*, *35*(2), 305-314. doi: 10.1177/1049909117706958.

Knowles, L. M., **Stelzer, E.**, Jovel, K., & O'Connor, M.-F. (2017). A Pilot Study of Virtual Support for Grief: Feasibility, Acceptability, and Preliminary Outcomes. *Computers in Human Behavior*, *73*, 650-658. doi: 10.1016/j.chb.2017.04.005

Stelzer, E.-M. & Lang, F. R. (2016). Motivations of German Hospice Volunteers: How Do They Compare to Nonhospice Volunteers and US Hospice Volunteers? *American Journal of Hospice and Palliative Care*, *33*(2). doi: 10.1177/1049909114559067.

Luttenberger, K., **Stelzer, E.**, Först, S., Schopper, M., Kornhuber, J. & Book, S. (2015). Indoor rock climbing (bouldering) as a new treatment for depression: Study design of a waitlist-controlled group pilot study and the first results. *BMC Psychiatry*, *15*(201). doi:10.1186/s12888-015-0585-8.

PUBLICATIONS UNDER REVIEW AND IN PREPARATION

Stelzer, E., & O'Connor, M.-F. (2018). Interpersonal emotion regulation in the context of bereavement. *In preparation*.

Stelzer, E., Knowles, L. M., & O'Connor, M.-F. (2018). Recruitment and Retention in Clinical and Experimental Bereavement Research: Lessons Learned from Creating a Registry. *Currently under review*.

Stelzer, E., O'Connor, M.-F., Wilson, D., & Knowles, L. M. (2018). Association between disordered grief criteria, blood pressure, heart rate, and self-reported health. *In preparation*.

Stelzer, E., Atkinson, C. A., O'Connor, M.-F., & Croft, A. (2018). Are bereaved men as expressive as women? A linguistic analysis of gender differences in the context of bereavement. *In preparation*.

PRESENTATIONS

Herbst, F.A., **Stelzer, E.-M.**, Schneider, N., & Stiel, S. (2018, October). *Dyads at the end-of-life*. [Dyadische Eltern-Kind-Interaktion am Lebensende – Protokoll einer gemischt-methodischen Studie]. Paper presented at the 17. Deutscher Kongress für Versorgungsforschung, Berlin, Germany.

Herbst, F.A., **Stelzer, E.-M.**, Schneider, N., & Stiel, S. (2018, March). *Dyads at the end-of-life*. [Interaktion am

- Lebensende in Dyaden von Eltern und erwachsenen Kindern – ein Studienprotokoll]. Paper presented at the Wissenschaftliche Arbeitstage der Deutschen Gesellschaft für Palliativmedizin. Göttingen, Germany.
- Wilson, D.T., **Stelzer, E.**, & O'Connor, M.-F. (2017, August). *Overcoming Challenges in Bereavement recruitment: Efficacy of Obituary Mailings in Recruiting Bereaved Adults*. Paper presented at the Undergraduate Research Opportunities Consortium. Tucson, AZ.
- Stelzer, E.**, Book, S., Gräßel, E., Hofner, B., Kornberger, J., & Luttenberger, K. (2017, May). *Bouldering Psychotherapy Reduces Symptoms of Depression: Results of a Randomized Waitlist-Controlled Intervention Study*. Paper presented at the 29th Association for Psychological Science Annual Convention, Boston, MA.
- Deeming, J., **Stelzer, E.**, & O'Connor, M.-F. (2017, April). *Religious Coping and Traumatic Bereavement*. Paper presented at the Honors Colloquium. Tucson, AZ.
- Long, E.N., Wilson, R.C., **Stelzer, E.**, Beiley, M., Grossman, R.H., & O'Connor, M.F. (2017, January). *Exploratory Behavioral and Neural Effects of Inflammation-Induced Sickness Behavior*. Paper presented at the Undergraduate Biology Research Program (UBRP) conference. Tucson, AZ.
- Knowles, L. M., **Stelzer, E. M.**, Jovel, K., & O'Connor, M. F. (2016, May). *Virtual Reality Support Group Improves Mental Health in Widow/ers*. Symposium presented at the Association for Psychological Science Annual Convention. Chicago, IL.
- Stelzer, E.**, Book, S., Gräßel, E., Hofner, B., Kornberger, J., & Luttenberger, K. (2016, May). *Bouldering therapy as a new treatment for depression: results of a randomized waitlist-controlled intervention study*. Paper presentation at the 2nd International Conference on Psychiatry and Psychiatric Disorders, Chicago, IL.
- Knowles, L. M., **Stelzer, E. M.**, Jovel, K., & O'Connor, M. F. (2016, March). *Online Support for Grief Improves Health Behaviors and Reduces Mental Health Problems in Widow/ers*. Paper presentation at the Annual Meeting of the American Psychosomatic Society, Denver, CO.
- Knowles, L. M., **Stelzer, E. M.**, Jovel, K., & O'Connor, M. F. (2016, March). *Online Support for Grief Improves Health Behaviors and Reduces Mental Health Problems in Widow/ers*. Paper presentation at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC.

NEWS FEATURES

- Virtual-reality support group a new way to deal with grief. January 2018. *Arizona Daily Star*.
http://tucson.com/news/science/virtual-reality-support-group-a-new-way-to-deal-with/article_2a10085e-b5fb-5883-a59d-5302c3da1eb2.html
- Bouldering as Treatment for Depression. June 2017. *UK Climbing*.
<https://www.ukclimbing.com/articles/page.php?id=9472>
- Can Climbing Be Used To Treat Depression? August 3, 2017. *Climbing*. <https://www.climbing.com/news/can-climbing-be-used-to-treat-depression/>
- Study Finds Bouldering Reduces Symptoms of Depression. May 31, 2017. *Gripped The Climbing Magazine*.
<http://gripped.com/routes/study-finds-bouldering-reduces-depression/>
- Depression Treatment For Bouldering. May 31, 2017. *Your Doctors*.
<https://yourdoctors.online/2017/05/31/depression-treatment-found-in-bouldering/>
- Rock climbing may help treat depression, study finds. May 26, 2017. *The Economic Times*.
<http://economictimes.indiatimes.com/magazines/panache/rock-climbing-may-help-treat-depression-shows-study/printarticle/58856163.cms>
- Could Bouldering Help Fight Depression? May 29, 2017. *Many Many Adventures*.
<http://manymanyadventures.com/articles/2017/6/1/a-new-study-on-treating-depression-believes-bouldering-could-be-the-answer>
- Bouldering Effective At Beating The Blues, Study Finds. May 30, 2017. *Study Finds – Research Studies First*.
<https://www.studyfinds.org/bouldering-depression-rock-climbing/>
- Bouldering may help to treat depression. May 29, 2017. *Medical News Today*.
<http://www.medicalnewstoday.com/articles/317673.php>
- Research Shows Bouldering Is a Cure for Anxiety and Depression. July 2017. *Men's Journal*.
<http://www.mensjournal.com/health-fitness/articles/research-shows-bouldering-is-a-cure-for-anxiety-and-depression-w486975>
- New Study: Treat Anxiety, Depression with ... Bouldering. May 31, 2017. *GearJunkie*.
<https://gearjunkie.com/research-bouldering-helps-treat-depression>
- Bouldering Envisioned as New Treatment for Depression. May 24, 2017. *University of Arizona News*.
<https://uanews.arizona.edu/story/bouldering-envisioned-new-treatment-depression>
- Radio Discussion. Sports Medicine Show "Doctor Radio". Sirius XM Satellite Radio. New York University Medical Center. June 1, 2017.
- Rock Climbing Can Be Useful Add-On to Treat Depression. May 28, 2017. *PsychCentral*.
<https://psychcentral.com/news/2017/05/28/rock-climbing-can-be-useful-add-on-to-treat-depression/121171.html>

Virtual Support Groups Help Grieving Spouses with Depression. May 11, 2017. *University of Arizona News*.

https://uanews.arizona.edu/story/virtual-support-groups-help-grieving-spouses-depression?utm_source=uanow&utm_medium=email&utm_campaign

Bouldering as Depression Treatment. September 25, 2015. *Brooklyn Boulders*.

<http://brooklynboulders.com/blog/bouldering-as-depression-treatment/>

TEACHING EXPERIENCE

Primary Instructor

University of Arizona

Tucson, AZ, USA

- PSY 456 Psychology of Death and Loss Online (Summer 2018)
- PSY 456 Psychology of Death and Loss Online (Winter 2017)
- PSY 456 Psychology of Death and Loss Online (Summer 2017)
- Microteaching I (Conceptual), II (Empirical), III (Hybrid Design)
- Guest Lecture "Human Mind and Behavior"
- Teaching Observation of Collaborative Learning Environments

Kalamazoo College

Kalamazoo, Michigan, USA

- Advanced German I: Germany Today (GERM 203 – Lab Component)
- Beginning German II: The German Speaking World (GERM 102 – Lab Component)
- Intermediate German: Topics in German Culture (GERM 201 – Lab Component)
- Foreign Language Teaching Methods and Practicum course

Teaching Assistant, Psychology Department

University of Arizona

2016 - Present
Tucson, AZ, USA

- PSY 230 Statistics (Spring 2018)
- PSY 290A Research Methods (Fall 2017)
- PSY 101 Introduction to Psychology (Spring 2017)
- PSY 456 Psychology of Death and Loss (Fall 2016)

SCHOLARSHIPS and AWARDS

University of Arizona

2018

Galileo Circle Scholar

Graduate Professional Student Council

2017, 2018

Travel Grant Award (\$740, \$1000)

University of Arizona

2017

Willcock Library Research Award, Finalist

University of Arizona

2016, 2017

Department of Psychology Scholarship Award (\$1000; \$950)

Bavarian Hospice Foundation

2016

Innovative Project Award, TrauERwerk Erlangen

2nd International Conference on Psychiatry and Psychiatric Disorders

2016

2nd Best Poster Award

University of Arizona

2016 - 2020

Graduate Scholarship, Teaching Assistantship

DAAD

2012, 2015

Promos Scholarship

Kalamazoo College

2012 -2013

Visiting International Full Scholarship