

Eva Heim, PhD
Publication list, November 2020

Web of Science Researcher ID: U-6773-2018 (h-index: 7)

Peer-reviewed publications in international scientific journals

- 31 Van't Hof, E., **Heim, E.**, Abi Ramia, Burchert, S., Cornelisz, I., J., Cuijpers, P., El Chammay, R., Harper Shehadeh, M., Noun, P., van Klaveren, C., van Ommeren, M., Zhogbi, E., & Carswell, K. (accepted). Evaluating the effectiveness of an e-mental health intervention for people living in Lebanon: study protocol for two randomised controlled trials (RCTs). *JMIR Research Protocols*.
- 30 Kaur, A., Kallakuri, S., Kohrt, B. A., **Heim, E.**, Gronholm, P. C., Thornicroft, G., & Maulik, P. K. (2020). Systematic review of interventions to reduce mental health stigma in India. *Asian Journal of Psychiatry*, 102466. <https://doi.org/10.1016/j.ajp.2020.102466>
- 29 Shala, M., Morina, N., Burchert, S., Cerga-Pashoja, A., Knaevelsrud, C., Maercker, A., & **Heim, E.** (2020). Cultural adaptation of Hap-pas-Hapi, an internet and mobile-based intervention for the treatment of psychological distress among Albanian migrants in Switzerland and Germany. *Internet Interventions*, 21, 100339. <https://doi.org/10.1016/j.invent.2020.100339>
- 28 **Heim, E.**, Burchert, S., Shala, M., Cerga, A., Morina, N., Schaub, M., & Maercker, A. (2020). Effect of cultural adaptation of a Smartphone-based self-help programme on its acceptability and efficacy: Study protocol for a randomized controlled trial. *PsychArchives*. <http://dx.doi.org/10.23668/psycharchives.3152>
- 27 Rechsteiner, K., Maercker, A., **Heim, E.**, & Meili, I. (2020). Metaphors for trauma: a cross-cultural qualitative comparison in Brazil, India, Poland, and Switzerland. *Journal of Traumatic Stress*. <https://doi.org/10.1002/jts.22533>
- 26 Harper Shehadeh, M., Abi Ramia, J., Cuijpers, P., El Chammay, R., **Heim, E.**, Kheir, W., Saeed, K., van Ommeren, M., van't Hof, E., Watts, S., Wenger, A., Zoghbi, E., & Carswell, K. (2020). Step-by-Step, an e-mental health intervention for depression: a mixed methods pilot study from Lebanon. *Frontiers in Psychiatry*, 10(986). <https://doi.org/10.3389/fpsy.2019.00986>
- 25 **Heim, E.**, & Kohrt, B. A. (2019). Cultural adaptation of scalable psychological interventions: a new conceptual framework. *Clinical Psychology in Europe*, 1(4), e37679. doi:10.32872/cpe.v1i4.37679
- 24 Meili, I., **Heim, E.**, Pelosi, A., & Maercker, A. (2019). Metaphors and cultural narratives on adaptive responses to severe adversity: A field study among the Indigenous Pitaguary community in Brazil. *Transcultural Psychology*. doi: 10.1177/1363461519890435
- 23 Shala, M., Morina, N., Salis Gross, C., Maercker, A., & **Heim, E.** (2019). A point in the heart: concepts of emotional distress among Albanian-speaking immigrants in Switzerland. *Culture, Medicine, and Psychiatry*. doi:10.1007/s11013-019-09638-5
- 22 **Heim, E.**, Henderson, C., Kohrt, B. A., Koschorke, M., Milenova, M., & Thornicroft, G. (2019). Reducing mental health-related stigma among medical and nursing students in low- and middle-income countries: a systematic review. *Epidemiology and Psychiatric Sciences*, 1-9. doi:10.1017/S2045796019000167
- 21 **Heim, E.**, Maercker, A., & Boer, D. (2019). Value orientations and mental health: A theoretical review. *Transcultural Psychiatry*, 56(3), 449–470. doi:10.1177/1363461519832472
- 20 Burchert, S., Alkneime, M.S., Bird, M., Carswell, K., Cuijpers, P., Hansen, P., **Heim, E.**, Harper Shehadeh, M., Sijbrandij, M., van't Hof, E., & Knaevelsrud, C. (2019). User-centered app

- adaptation of a low-intensity e-mental health intervention for Syrian refugees. *Frontiers in Psychiatry*, 9, 663. doi: 10.3389/fpsy.2018.00663
- 19 Abi Ramia, J., Harper Shehadeh, M., Kheir, W., Zoghbi, E., Watts, S., **Heim, E.**, & El Chammy, R. (2019). Community user testing to inform local adaptations of an e-mental health intervention in Lebanon. *Global Mental Health*, 5, e39. doi:10.1017/gmh.2018.29
 - 18 Carswell, K., Harper-Shehadeh, M., Watts, S., van't Hof, E., Abi Ramia, J., **Heim, E.**, Wenger, A., & van Ommeren, M. (2018). Step-by-Step: a new WHO digital mental health intervention for depression. *mHealth*, 4(8), 30-34. doi: 10.21037/mhealth.2018.08.01
 - 17 **Heim, E.**, Koschorke, M., Kohrt, B., Milenova, M., & Thornicroft, G. (2018). Interventions for reducing stigma related to mental health in primary health care settings in low- and middle income countries. A systematic review. *Epidemiology and Psychiatric Sciences*, 1-10. doi:10.1017/S2045796018000458
 - 16 Lorenz, N., **Heim, E.**, Roetger, A., Birrer, E., & Maercker, A. (2018). Randomized controlled trial to test the efficacy of an unguided online intervention with automated feedback for the treatment of insomnia. *Behavioural and Cognitive Psychotherapy*, 1-16. doi:10.1017/S1352465818000486
 - 15 Meili, I., **Heim, E.**, & Maercker, A. (2018). Culturally shared metaphors expand contemporary concepts of resilience and post-traumatic growth: contrasting an indigenous Brazilian community and a Swiss rural community. *Medical Humanities*. doi:10.1136/medhum-2018-011450
 - 14 Zimmermann, P., Alliger-Horn, C., Köhler, K., Varn, A., Zollo, M., Reichelt, A., Lovinusz, A., Willmund, G., Rau, H., **Heim, E.**, Maercker, A. & Wesemann, U. (2018). Depressivität und Wertorientierungen im Verlauf von militärischen Auslandseinsätzen. [Depression and value orientation in the course of military operations abroad]. *Trauma und Gewalt*, 12(2), 134-150.
 - 13 **Heim, E.**, Rötger, A., Lorenz, N., & Maercker, A. (2018). Working alliance with an avatar: How far can we go with Internet interventions? *Internet Interventions*, 11, 41-46. doi: 10.1016/j.invent.2018.01.005
 - 12 **Heim, E.**, Ajzen, I., Schmidt, P., & Seddig, D. (2017). Women's decisions to stay in or leave an abusive relationship: Results from a longitudinal study in Bolivia. *Violence Against Women*, 24(14), 1639-1657. doi:10.1177/1077801217741993
 - 11 **Heim, E.**, Wegmann, I. & Maercker, A. (2017). Cultural values and the prevalence of mental disorders in 25 countries: A secondary data analysis. *Social Science & Medicine*, 189, 96-104.
 - 10 **Heim, E.**, Scholten, S., Maercker, A., Xiu, D., Cai, D., Gao, Z. H., Lu, S., Sang, Z. Q., Wei, J., Kochetkov, Y., & Margraf, J. (2017). Students' value orientations in contemporary China: Analysis of measurement invariance and latent mean differences in comparison with students from Germany and Russia. *Journal of Cross-Cultural Psychology*, 48(4), 511–531. doi: 10.1177/0022022117696800
 - 9 Maercker, A., **Heim, E.**, Hecker, T. & Thoma, M. (2016). Soziale Unterstützung nach Traumatisierung [Social support after traumatism]. *Der Nervenarzt*, 88(1), 18-25. doi:10.1007/s00115-016-0242-6
 - 8 Maercker, A. & **Heim, E.** (2016). A new approach to culturally sensitive PTSD Research in Zurich – Inspired by contributions from Carl Gustav Jung. *International Psychology Bulletin*, 20(3), 67-71.
 - 7 **Heim, E.**, Steinmetz, H. Zeigenfuss, M. D., Maercker, A., & Margraf, J. (2016). The circular structure of values: The case of China. *International Journal of Psychology*, 53(5), 339-348. doi:10.1002/ijop.12390

- 6 Harper Shehadeh, M., **Heim, E.**, Chowdhary, N., Maercker, A., & Albanese, E. (2016). Cultural adaptation of minimally guided interventions for common mental disorders: A systematic review and meta-analysis. *JMIR Mental Health*, 3(3), e44.
- 5 **Heim, E.**, Trujillo Tapia, L., & Quintanilla Gonzáles, R. (2015). “My partner will change”: Cognitive distortion in battered women in Bolivia. *Journal of Interpersonal Violence*, 33(8), 1348–1365. doi:10.1177/0886260515615145
- 4 Maercker, A., Hecker, T., & **Heim, E.** (2015). Personalisierte Internet-Psychotherapie-Angebote für die posttraumatische Belastungsstörung. [Personalized Internet-based treatment services for posttraumatic stress disorder]. *Der Nervenarzt*, 86(11), 1333-1342.
- 3 Mogaka, V., Ehrensperger, A., Iiyama, M., Birtel, M., **Heim, E.**, & Gmuender, S. (2014). Understanding the underlying mechanisms of recent *Jatropha curcas* L. adoption by smallholders in Kenya: A rural livelihood assessment in Bondo, Kibwezi, and Kwale districts. *Energy for Sustainable Development*, 18, 9-15.
- 2 Barth, J., Bermetz, L., **Heim, E.**, Trelle, S., Tonia, T. (2013). The current prevalence of child sexual abuse worldwide: A systematic review and meta-analysis. *International Journal of Public Health*, 58(3), 469-483.
- 1 Michel, C., **Heim, E.**, Herweg, K., & Breu, T. (2010). Exploring the effectiveness of development research with a monitoring and learning approach. *Knowledge Management for Development Journal*, 6(2), 105-119.

Articles submitted for publication in peer-reviewed scientific journals

Heim, E. & Abi Ramia, J., (shared first authorship), Abi Hana, R., Burchert, S., Carswell, K., Cornelisz, I., Cuijpers, P., El Chammay, R., Noun, P., van Klaveren, C., van Ommeren, M., Zoghbi, E., & van't Hof, E. (2020). Step-by-Step: Feasibility randomised controlled trial of a mobile-based intervention for depression among populations affected by adversity in Lebanon. (Manuscript submitted for publication).

Books & Monographs

- Maercker, A., **Heim, E.**, & Kirmayer, L. J. (Eds.). (2019). *Cultural clinical psychology and PTSD*. Boston, MA: Hogrefe Publishing.
- Heim, E.** (2009). *Stay-leave decisions of battered women in Cochabamba, Bolivia*. Dissertation: Faculty of Human Sciences of University of Bern. [in German]
- Heim, E.** (2008). *Saliendo del ciclo de la violencia: mujeres que toman la decisión de separarse*. [Breaking the cycle of violence: women leaving a violent partner]. Cochabamba, Bolivia: Serrano Editores.

Book chapters

- Maercker, A., **Heim, E.**, & Kirmayer, L. (2019). Introduction. In A. Maercker, E. Heim, & L. J. Kirmayer (Eds.), *Cultural clinical psychology and PTSD*. Boston, MA: Hogrefe Publishing.
- Heim, E.**, Harper Shehadeh, M., van 't Hof, E., & Carswell, K. (2019). Cultural adaptation of scalable interventions. In A. Maercker, E. Heim, & L. J. Kirmayer (Eds.), *Cultural clinical psychology and PTSD*. Boston, MA: Hogrefe Publishing.

Conference proceedings

- Heim, E.**, & Maercker, A. (2016). The interplay between traditional and modern values and interpersonal variables in mental disorders and mental health. In C. Roland-Lévy, P. Denoux, B. Voyer, P. Boski, & G. W. K. Jr. (Eds.), *Unity, diversity and culture: Research and*

Scholarship Selected from the 22nd Congress of the International Association for Cross-Cultural Psychology (pp. 174-179). Melbourne, Florida USA: International Association for Cross-Cultural Psychology. Accessed via www.iaccp.org.

Articles in non-peer-reviewed journals

- Heim, E.,** Burchert, S. & Wenger, A. (2018). Mobile Angebote für Geflüchtete. Psychotherapeutische Interventionen im globalen Kontext. [Mobile health for refugees. Psychological interventions in global context]. *Psychotherapie im Dialog*, 19, 61-65. doi: 10.1055/a-0592-0339.
- Heim, E.** & Maercker, A. (2017). Kulturelle Anpassung in Diagnostik und Psychotherapie [Cultural adaptation in diagnostics and psychotherapy]. *Psychotherapeutenjournal 1/2017*, 4-10.
- Heim, E.** & Maercker, A. Traumatherapie im Internet funktioniert. [Internet-based trauma therapy works]. *Aerztewoche. Die österreichische Zeitung für Medizin, Politik und Praxis*. Nr. 20, 15. Mai 2015.

Reports, policy briefs, and quality standard manuals

- Berger, T., **Heim, E.**, Maercker, A., Schaub, M., Mauvais, J.B., Bernath, C., Bielinski, D., Blickenstorfer, S., Jan du Chêne, L., Kubat, H., Lang, J., Mischol, R., Schegg, R., Schifftan, D., Volkart, A. C., Widmer, A., Zumwald, I. (2017). FSP & FMPP Qualitätsstandards Onlineinterventionen für Fachpersonen Psychotherapy. [Quality standards online interventions for psychotherapy practitioners]. Bern, Switzerland: Föderation der Schweizer Psychologinnen und Psychologen FSP [Swiss Federation of Psychologists].
- Michel, C., Paulsson, M., **Heim, E.**, Zimmermann, A., Herweg, K., & Breu, T. (2013). *Promoting research–user collaboration: An assessment of funding schemes. Fifth NCCR North-South report on effectiveness*. NCCR North-South Dialogue 49. Bern, Switzerland: NCCR North-South.
- Michel, C., **Heim, E.**, Zimmermann, A., Herweg, K., & Breu, T. (2013). *Maximising the impact of research: The NCCR North-South approach. Fourth NCCR North-South report on effectiveness*. NCCR North-South Dialogue 48. Bern, Switzerland: NCCR North-South.
- Heim, E.**, Engelage, S., Zimmermann, A., Herweg, K., Michel, C. & Breu, T. (2012). *Tracking alumni career paths: Third NCCR North-South report on effectiveness*. NCCR North-South Dialogue 42. Bern, Switzerland: NCCR North-South.
- Heim, E.**, Michel, C., Salmi, A., Breu, T. (2011). *Does it work in practice? Fostering knowledge exchange for sustainable development. Second NCCR North-South report on effectiveness*. NCCR North-South Dialogue 29. Bern, Switzerland: NCCR North-South.
- Lüthi, C., Morel, A. Sherpa, M., Tilley, E., & **Heim, E.** (2011). *Local solutions for sanitation. Evidence for Policy Series, Global edition, No. 5*. Bern, Switzerland: NCCR North-South.
- Michel, C., **Heim E.**, Herweg, K., Zimmermann, A., & Breu, T. (2010). *Making research relevant to policy-makers, development actors, and local communities*. NCCR North-South Dialogue 23. Bern, Switzerland: NCCR North-South.
- Geiser, U., Ramakumar, R., Rist, S., Ponce, D., & **Heim, E.** (2009). *Overcoming ambiguities in decentralisation. Evidence for Policy Series, Global edition, No. 3*. Bern, Switzerland: NCCR North-South.

Talks at national and international conferences

- Heim, E.,** Killikelly, C., Spanhel, K., Reich, H., Fu, Z. Cultural adaptation of internet-based interventions (Symposium). First European Congress of the European Association of Clinical Psychology and Psychological Treatment (EACLIPT), 31.10.-02.11.2019, Dresden, Germany.
- Heim, E.** Rejection sensitivity and psychological distress among immigrant youth: Narrative literature review. First European Congress of the European Association of Clinical Psychology and Psychological Treatment (EACLIPT), 31.10.-02.11.2019, Dresden, Germany.
- Heim, E.,** Shala., M., Burchert, S., Cerga, A., & Morina, N. Cultural adaptation of an internet-based self-help programme for the treatment of depression among Albanian-speaking immigrants in Switzerland: Randomised controlled trial. 16th Swiss Psychological Society Conference, 09.-11.09.2019, Bern, Switzerland.
- Heim, E. & Kohrt, B.,** Cultural adaptation of scalable interventions: A new conceptual framework. 16th Swiss Psychological Society Conference, 09.-11.09.2019, Bern, Switzerland.
- Heim, E.,** Noun, P., Abi Ramia, J., Van't Hof, E., Burchert, S., Carswell, K., Abi Hana, R., Cuijpers, P, El Chammay, R., & van Ommeren, M. Step-by-Step, a guided e-mental health intervention for people living in Lebanon: Results from a pilot randomised controlled trial. 16th Conference of the European Society of Traumatic Stress Studies (ESTSS). 14.-16.06.2019, Rotterdam, Netherlands.
- Heim, E. & Weiss, M. (invited).** Online Intervention und beraterische/therapeutische Beziehung: Ein Widerspruch? Psychologie im Internet – Fachtagung der Föderation der Schweizer Psychologinnen und Psychologen. 09.11.2017, Bern, Switzerland.
- Heim, E.** Interventions for reducing mental health related stigma related in primary health care settings in low- and middle income countries: Systematic review and meta-analysis. 8th Conference – Together Against Stigma, 20.-22.09.2017, Copenhagen, Denmark.
- Heim, E.** Cultural adaptation of an Internet-based self-help programme for Lebanese, Syrian and Albanian people with symptoms of depression. 15th Swiss Psychological Society Conference, 04.-05.09.2017, Lausanne, Switzerland.
- Heim, E.** Cultural adaptation of scalable psychological interventions: Experiences from low- and middle-income countries. 19th Annual Meeting of the German speaking Society for Psychotraumatology (DeGPT). 09.-11.02. 2017, Zürich, Switzerland.
- Heim, E.** Die Wirksamkeit eines interaktiven internetbasierten Selbsthilfe-Programms für Insomnierer: randomisierte kontrollierte Studie. 2. Competence Center for Mental Health Symposium, 26.1.2017, Zürich, Switzerland.
- Heim, E.** Cultural adaptation of minimally guided interventions for common mental disorders: A systematic review and meta-analysis. 23rd International Congress of the International Association for Cross-Cultural Psychology, 31.07.-03.08.2016, Nagoya, Japan.
- Heim, E.** Are the Schwartz value orientations comparable in China, Russia and Germany? 23rd International Congress of the International Association for Cross-Cultural Psychology, 31.07.-03.08.2016, Nagoya, Japan.
- Heim, E.** Kulturelle Anpassung von E-Mental Health Interventionen: Eine systematische Review und Meta-Analyse. 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, 05.-07.05.2016, Bielefeld, Germany.
- Heim, E.** The stay-leave decisions of battered women in Bolivia: Results from a longitudinal study. Meeting of the Structural Equation Modelling working group, Zurich, Switzerland, 07.-08.04.2016, Zürich, Switzerland.

- Heim, E.** Testing for Measurement Invariance of the Portrait Value Questionnaire in Germany, China and Russia. Meeting of the Structural Equation Modelling working group, Zurich, Switzerland, 07.-08.04.2016, Zürich, Switzerland.
- Heim, E. & Harper, M.** Cultural adaptation of e-mental health interventions. 3rd Conference of the European Society for Research on Internet Interventions (ESRII), Warsaw, Poland, 17.-18.09.2015, Warsaw, Poland.
- Heim, E.** Wertorientierungen als Prädiktoren psychischer Gesundheit: Vergleich chinesischer, russischer und deutscher Studierender. 9. Workshopkongress für Klinische Psychologie und Psychotherapie, 14.-16.05.2015, Dresden, Germany.
- Heim, E.** Internet- und web-basierte Therapieprogramme im internationalen Einsatz: „My Trauma Recovery“ für ländliche und städtische Bevölkerung in China. 9. Workshopkongress für Klinische Psychologie und Psychotherapie, 14.-16.05.2015, Dresden, Germany.
- Heim, E. (invited).** Traumatherapie im Internet – Ein Widerspruch? Fachtag Psychosomatik, 28.02.2015, Wien, Austria.
- Wyss, K. & **Heim, E.** Global Mental Health Research in Switzerland: Trends, challenges and prospects. Workshop organised at the Swiss Public Health Conference, Topic: Public Mental Health, 21.-22.08.2014, Olten, Switzerland.
- Heim, E. (invited).** Using new information and communication technologies for covering mental health needs worldwide. Swiss Public Health Conference, 21.-22.08.2014, Olten, Switzerland.
- Heim, E.** Partnership Actions for Mitigating Syndromes (PAMS): Experience with a transdisciplinary tool in the NCCR North-South programme. Transdisciplinarity-net conference, 14.-16.09.2011, Bern, Switzerland.
- Heim, E.** Making research relevant to development - Experience from the NCCR North-South. KFPE Annual Conference, October 2010, Basel, Switzerland.
- Heim, E.** Leaving violent partners in Bolivia. Gender equality mainstreaming in Swiss Agency for Development and Cooperation (SDC), May 2010, Bern, Switzerland.
- Heim, E.** Victims' decisions to leave a violent partner: Empirical insights from Bolivia. Gendering violence, December 2009, Uppsala, Sweden.

Talks in medical institutions

- Heim, E. (invited).** Internetbasierte Therapie. Ärzte Fortbildung, Spital Thun, Psychiatrische Dienste, 11.07.2017.
- Heim, E. (invited).** Internet-based self-help for insomnia. University Hospital Zurich, Department of Neurology, 16.06.2017.
- Heim, E. (invited).** Möglichkeiten und Grenzen der Online Therapie. Ärzte Fortbildung, Psychiatrie Baselland, 07.06.2017.
- Heim, E. (invited).** Workshop: Kulturelle Anpassung in der Psychotherapie. Schwedensteiner Gespräche zum Thema Interkulturalität in der Medizin, 10.-11.03.2017, Pulsnitz, Germany.
- Heim, E. (invited).** Internetbasierte Therapie. Ärzte Fortbildung, Solothurner Spitäler AG, Psychiatrische Dienste, 13.12.2016.
- Heim, E. (invited).** Möglichkeiten und Grenzen der online-Therapie. Dienstag-Mittag Fortbildung, Universitätsspital Basel, Psychosomatik, 26.04.16.