

Curriculum Vitae

Tobias Kube, PhD

Date of birth: August 26th, 1989

Place of birth: Berlin

Official address:

University of Koblenz-Landau

Department of Clinical Psychology and Psychotherapy

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Education

08/1996-07/2000	Grundschule in der Gartenstadt, Berlin, Germany
08/2000-07/2006	Descartes Oberschule (Gymnasium), Berlin, Germany
08/2006-06/2009	Barnim-Gymnasium, Berlin, Germany
06/2009	School leaving examination (Abitur, grade: "Sehr gut", [A]), Barnim-Gymnasium, Berlin, Germany
10/2009-09/2010	Energy and Process Engineering, Technical University of Berlin, Germany
10/2010-05/2015	Diploma in Psychology (grade: „Sehr gut“, [A]), Philipps- University of Marburg Specialisations: Clinical Psychology, Cognitive Neuroscience Thesis: "Which Expectations Have the Strongest Predictive Value for Postsurgical Depression and Anxiety in Patients Undergoing CABG Surgery?" Supervisors: Dr. Charlotte Auer, Prof. Dr. Winfried Rief
10/2015-02/2018	PhD in Psychology (Dr. rer. nat.), Department of Clinical Psychology and Psychotherapy, Philipps-University of Marburg, Germany (Grade: summa cum laude) Thesis: "Dysfunctional expectations in major depression – relevance, maintenance and mechanisms of change" Supervisors: Prof. Dr. Winfried Rief, Dr. Julia Anna Glombiewski

Awarded as the best dissertation in 2018 at the Philipps University of Marburg (Section: Life Science and Medicine)

10/2015-09/2020

Postgraduate training in Cognitive Behavioral Therapy, Institut für Psychotherapieausbildung Marburg (IPAM)

Licensed Psychotherapist (“Approbation zum Psychologischen Psychotherapeuten“)
Grade: „Sehr gut“ [A]

Academic Positions

02/2011-04/2011

Internship at the Department of Biological Psychology, Technical University of Dresden, Germany (Prof. Dr. Clemens Kirschbaum)

07/2012-10/2012

Internship at the Department of Medical Psychology and Behavioral Neurobiology, Eberhard-Karls-University of Tübingen, Germany (Prof. Dr. Jan Born)

2011-2015

Student Research Assistant at the Department of General and Biological Psychology (Prof. Dr. Anna Schubö), Department of Clinical Psychology and Psychotherapy (Prof. Dr. Winfried Rief) and Department of Medical Psychology (Prof. Dr. Kati Thieme), Philipps-University of Marburg, Germany

10/2015-07/2017

PhD-Scholarship, Department of Clinical Psychology and Psychotherapy, Philipps-University of Marburg, Germany

08/2017-04/2018

Research Fellow at the Department of Clinical Psychology and Psychotherapy (Prof. Dr. Winfried Rief), Philipps University of Marburg

01-06/2019

Research Fellow at Harvard Medical School, Program in Placebo Studies (Supervisors: Prof. Ted Kaptchuk; Prof. Arthur Barsky), Boston, USA

04-12/2018 and since 07/2019

Research Fellow (Postdoc Position, 100%) at the Department of Clinical Psychology and Psychotherapy, Pain and Psychotherapy Research Lab (Head of Department: Prof. Dr. Julia Anna Glombiewski), University of Koblenz-Landau, Germany

Non-academic Positions

10/2015-12/2018

Psychotherapist at the Outpatient Clinic for Psychological Interventions, Psychotherapie Ambulanz Marburg (PAM)

07/2018-12/2018	Psychotherapist at the Vitos Klinik für Psychiatrie und Psychotherapie (psychiatric day care clinic), Marburg, Germany
10/2019-05/2020	Psychotherapist at the Pfalzkrankenhaus für Psychiatrie und Psychotherapie (working at the Department of Mood Disorders), Klingenstein, Germany
Since 10/2020	Psychotherapist at the Outpatient Clinic for Psychological Psychotherapy, University of Landau (WIPP), currently four own patients

Research Interests

- Experimental psychopathology
 - The role of dysfunctional beliefs in depression, PTSD, and somatic conditions
 - Psychological, neurobiological and computational aspects of (the lack of) belief updating in depression, PTSD, and somatic conditions
- Psychotherapy research
 - Expectation-focused psychological interventions
 - Using novel research designs to elucidate mechanisms of change in psychotherapy
 - Experimental designs to examine the effects of therapist behaviour and patients' expectations on treatment outcomes
- Placebo and nocebo effects
 - Mechanisms of deceptive and non-deceptive placebos
 - Clinical applications of placebo and nocebo effects
- Environmental and political psychology
 - Psychological processes involved in processing climate change-related information
 - Psychological interventions targeting climate change denial
 - Cognitive mechanisms of belief polarisation and “post-factual” belief updating

Funding

Funding for research projects:

2019	Start-up funding (2.499€) from the University of Koblenz-Landau for the project: “Influence of current mood on belief updating in depression”
2019	Start-up funding (4.000€) from the University of Koblenz-Landau for the project: “Modifying aberrant information processing in depression”
2020	Start-up funding (2.499€) from the University of Koblenz-Landau for the project: “Reappraisal of medical reassurance: An experimental study”

2021-2024	Funding by the DFG (German Research Foundation): “Sachbeihilfe” for 36 months for the project “On the revision of negative expectations in people with depressive symptoms - A series of experimental investigations” (KU 3955/3-1); bi-centric project of Tobias Kube (PI) and Winfried Rief (Co-PI); overall funding: 407.910€; approved funding for TK: 238.582€
2021-2022	Funding (50.000€) by the University of Koblenz-Landau for the project: “Integration of expectation-disconfirming experiences in people with depressive symptoms - From laboratory research to clinical practice”
2022	Start-up funding (2.499€) from the University of Koblenz-Landau for the project: “Improving the perception of medical reassurance”

Funding for international research visits:

2019	6-months postdoctoral scholarship awarded by the German Academic Exchange Service (Deutscher Akademischer Austauschdienst, DAAD) for a research visit at the Harvard Medical School, Boston, Massachusetts, USA (sum: 21.730€)
2020	Funding by the DFG (German Research Foundation) for an initiation of an international collaboration on “Connecting research on information-seeking with research on information processing in people with depression” with Prof. Tali Sharot at the Massachusetts Institute of Technology (MIT) in Cambridge, MA, USA (6.470€) <i>Note:</i> The six-week research visit was planned to take place in summer 2020, but had to be postponed due to the Covid-19 pandemic

Awards

2017	Poster award at the 1 st Conference of the Society for Interdisciplinary Placebo Studies (SIPS) at Leiden, Netherlands (Title of the poster: Immunization as core mechanism underlying expectation persistence in major depression - Results from an experimental study)
2018	Travel grant (550€) from the University of Koblenz-Landau for participating in the 48 th Annual Congress of the European Association of Behavioral and Cognitive Therapies (EABCT) in Sofia, Bulgaria

2019	Best dissertation in 2018, awarded by the Philipps-University of Marburg (Section: Life Sciences and Medicine)
2019	Travel grant (300€) for the 2 nd Conference of the Society of Interdisciplinary Placebo Studies (SIPS), Leiden, Netherlands, provided by the organizing committee
2020 and 2021	Open-Science Award, University of Koblenz-Landau
2020	Teaching award for the Seminar “Ausgewählte psychotherapeutische Interventionen”, University of Koblenz-Landau
2021	Teaching award for the Seminar “Vertiefungsseminar zur Vorlesung Klinische Psychologie”, University of Koblenz-Landau
2021	Teaching award for excellent digital teaching for the Seminar “Psychologische Gesprächsführung“, University of Koblenz-Landau

Experience with Scientific Joint Projects

08/2017-04/2018	Coordinator of the DFG Research Unit FOR1328 (“Expectation and conditioning as basic processes of the placebo and nocebo response – Transferring mechanisms to clinical applications”)
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Supervision of Doctoral Theses

- Dr. rer. nat. Karoline Körfer: PhD in October 2020 at the Philipps-University of Marburg; Thesis: „The emergence, maintenance and therapy of chronic pain in the context of expectation violations“ (co-supervision in addition to Prof. Julia Glombiewski)
- M.Sc. Thilo Friehs: Start of PhD in January 2019 at the University of Koblenz-Landau, Thesis: „Effective factors of open and hidden placebos“ (primary supervisor)
- M.Sc. Alexandra Späth: Start of PhD in February 2020 at the University of Koblenz-Landau, Thesis: „Psychobiological aspects of correcting negative expectations in people with depressive symptoms“ (primary supervisor)
- M.Sc. Edith Stadlmeier: Start of PhD in January 2021 at the University of Koblenz-Landau, Thesis: „Psychological mechanisms of the persistence of dysfunctional expectations in persons with depressive symptoms“ (primary supervisor)
- M.Sc. Mimi Houben: Start of PhD in August 2021 at the Philipps University of Marburg (co-supervision in addition to Prof. Winfried Rief)

Teaching

Classes (“Seminar” and “Übung”) on^{1,2}:

- Affective Disorders
- Basic competences in psychotherapy and psychological counselling
- Clinical-psychological interventions
 - “Interventionspraktikum I
 - “Interventionspraktikum II”
 - “Fallseminar”
- Clinical-psychological diagnostics
- Cognitive and emotion-focused psychological interventions
- Empirical scientific working
- Evaluation of clinical-psychological interventions
- Seminars on selected mental disorders (borderline personality disorder, obsessive-compulsive disorder, posttraumatic stress disorder, substance abuse, psychosis)

Lectures on^{1,2}:

- Depression
- Placebo and nocebo effects
- Expectation-focused psychological interventions

Post-graduate training in psychotherapy:

Workshop on “Depression” at the Weiterbildungsstudiengang in Psychologischer Psychotherapie (WiPP) Landau

Reviewer

Ad-hoc reviewer for the following scientific journals:

- American Journal of Psychiatry
- Behaviour Research and Therapy
- British Journal of Clinical Psychology
- British Journal of Guidance and Counselling
- Clinical Psychological Science
- Clinical Psychology in Europe
- Cognitive Neuropsychiatry
- Cognitive Therapy and Research
- Frontiers in Psychology
- JAMA Network Open
- Journal of Psychopathology and Clinical Science (previously: Journal of Abnormal Psychology)
- Journal of Behavior Therapy and Experimental Psychiatry
- Motivation and Emotion

¹ As part of the Bachelor and Master program in Psychology at the Universities of Marburg and Koblenz-Landau

² As part of the Master program in Psychology at the University of Koblenz-Landau

- PAIN
- Patient Education and Counseling
- PLoS ONE
- Psychological Medicine
- Quarterly Journal of Experimental Psychology
- Review of General Psychology
- Nature Scientific Reports
- Social Cognitive and Affective Neuroscience
- Verhaltenstherapie

Reviewer of research proposals:

- Israel Science Foundation (equivalent to the German Research Foundation)
- Leibnitz Institute for Psychology

Editorial Board

Verhaltenstherapie (Associate Editor of a special issue on behavioural experiments)

Formerly: Frontiers in Psychology (Section: Clinical and Health Psychology)

Membership in scientific associations

Deutsche Gesellschaft für Psychologie (DGPs)

Scientific Collaborators

National:

- Dr. Anne-Kathrin Bräscher, Johannes Gutenberg University of Mainz: Joint projects on placebo effects
- Dr. Thomas Gärtner, Schön Klinik Bad Arolsen, Germany: Joint projects on depression
- Prof. Dr. Mario Gollwitzer, Ludwig-Maximilians-University of München, Division of Social Psychology: Joint projects on belief updating
- Prof. Dr. Birgit Kleim, University of Zürich, Switzerland: Joint projects on the role of expectations in Posttraumatic Stress Disorder (PTSD)
- Dr. Claudia Menzel, University of Koblenz-Landau, Environmental Psychology Unit: Joint projects on belief updating in the context of climate change
- Dr. Roxanne Sopp, University of Saarland: Joint project on changing expectations in the context of post-traumatic stress disorder
- Prof. Dr. Stefan Westermann, Medical School Hamburg: Joint projects on expectations in depressive disorders
- Prof. Dr. Michael Witthöft, Johannes Gutenberg-University of Mainz: Joint projects on placebo effects and on Predictive Processing-Models of mental disorders
- Jun.-Prof. Dr. Marcella Woud, Ruhr University of Bochum: Joint projects on cognitive distortions in depressive symptoms and post-traumatic stress disorder

International:

- Dr. Sarah Ballou, Harvard Medical School, Boston, USA: Joint projects on placebo effects and persistent physical symptoms
- Prof. Dr. Arthur Barsky, Harvard Medical School, Boston, USA: Joint projects on persistent physical symptoms
- Dr. Michael Bernstein, Brown University, Rhode Island, USA: Joint projects on placebo research
- Dr. Charlotte Blease, Harvard Medical School, Boston, USA: Joint projects on placebo effects and ethics in psychotherapy
- Assistant Prof. Dr. Jonas Everaert, Tilburg University, Netherlands: Joint projects to change expectations in depressive disorders
- Prof. Dr. Karl Friston, University College London, UK: Joint projects on computational approaches to belief updating in depression
- Dr. Shilat Haim-Nachum, Bar-Ilan University, Israel: Joint projects to change expectations in the context of post-traumatic stress disorder
- Dr. Caitlin Hitchcock, University of Melbourne, Australia: Joint projects to change negative expectations associated with depression and anxiety
- Prof. Dr. Ted Kaptchuk, Harvard Medical School, Boston, USA: Joint projects on placebo effects
- Prof. Dr. Irving Kirsch, Harvard Medical School, Boston, USA: Joint projects on placebo effects
- Dr. Liron Rozenkrantz, Massachusetts Institute of Technology (MIT), Cambridge, USA: Joint projects on belief updating and predictive processing
- Prof. Dr. Tali Sharot, University College London, UK: Joint projects to search for information in connection with depressive symptoms

Activities in academic self-administration

Since 02/2019	Member of the Tenure-Committee-Pool at the University of Koblenz-Landau
2021	Participation in the application of the consortium of universities Koblenz-Landau (Campus Landau), Technical University of Kaiserslautern, University of Kaiserslautern regarding the tender "Transformation Paths for Sustainable Universities" of the Federal Ministry of Education and Research (BMBF)

Scientific communication

In my opinion, it is important as a scientist to communicate one's research results not only within the "scientific community", but also to make relevant information available to a broader public. A selection of my activities in science communication in recent years are shown below:

- TV report of the NDR (Northern German Broadcasting) („NDR Wissenscheck“, broadcast on September 17th, 2018 at 9 p.m) on the topic of placebo effects, conceptual advice for the program and an interview partner

- Newspaper article „Die Kunst des Hoffens“ in the Süddeutsche Zeitung on January 5th, 2021; interview partner
- Studio guest and interview partner in the morning magazine of the ARD (German public-service broadcaster) on January 8th, 2021 on the topic "Keeping hope in Corona times" (<https://www.daserste.de/information/politik-weltgeschehen/morgenmagazin/coronavirus/Hoffnung-wahren-in-Corona-Zeiten-100.html>)
- Studio guest and interview partner in the ZDF show „Sonntags“ on February 28th, 2021 on the topic "Hope in the Crisis" (<https://www.zdf.de/gesellschaft/sonntags/sonntags-514.html>)
- Interview partner in the podcast "Mackenbaracke" on the destigmatization of mental illness (<https://mackenbaracke.podigee.io/>)

Extracurricular activities

2011-2013	President of the Debating Club of the Philipps-University of Marburg
2014-2015	President of the Association of German Speaking University Debating Clubs
2015-2018	Advisory board of the Association of German Speaking University Debating Clubs, responsible for sponsoring and public relations
Since 2019	Member of the “Scientists for Future”

Landau, June 22nd 2022



Tobias Kube