

Dr. Aljoscha Dreisoerner

University of Vienna
Research Platform: The Stress of Life (SOLE)
– Processes and Mechanisms underlying Everyday Life Stress
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Education

- 2022 **Goethe Universität, Frankfurt am Main**
External doctoratal student (Dr. rer. nat.), Psychology. Advisors: Prof. Dr. Rolf van Dick, Dr. Nina M. Junker, Thesis: Do unto yourself as you would do unto others: Theoretical advances, interventions, and applications of self-compassion (summa cum laude)
- 2016 **Mannheim University, Mannheim**
M. Sc., Management (major), Psychology (minor), Thesis: Effects of status loss on helping and aggression
- 2013 **Kiel Institute for the World Economy (IfW), Kiel**
Non-degree, Advanced Studies Program in International Economic Policy Research (lecturers from Harvard, Princeton & Oxford)
- 2012 **Private University of Applied Sciences (PFH), Goettingen**
B. Sc., Management (second of the class)

Experience

- May 2022 – **University of Vienna, Vienna, Austria**
*Postdoc, Research Platform The Stress of Life (SOLE) – Processes and Mechanisms underlying Everyday Life Stress. Advisor: Prof. Dr. Urs Nater
Independent research on affective touch, mindfulness, self-compassion, and everyday stress, coordinating activities of the research platform*
- Dec. 2018 – Feb 2019 **Yale University, Center for Emotional Intelligence, New Haven, USA**
*Postgraduate Fellow
Assisting a large study on college well-being using meditation, emotional intelligence, and Yoga interventions*

Awards

- 2016 – 2019 PhD scholarship, Friedrich Naumann Foundation for Freedom
- 2012 – 2013 Full scholarship (9000€), Kiel Institute for the World Economy (IfW)
- 2012 Corporate Behavior Award (for founding AIESEC Goettingen), PFH Goettingen
- 2012 – 2016 Undergraduate scholarship, Friedrich Naumann Foundation for Freedom
- 2013 – 2016 e-fellows scholarship, e-fellows (Partners - McKinsey & Company, Amazon Germany, BMW, Accenture and others)

Publications (published, accepted, and in revision)

- Dreisoerner, A.***, Goetz, V.*, Voracek, M., Tran, U., & Nater, U. (revise & resubmit). A systematic review and three-level meta-analysis on the state and determinants of mental health among early-career researchers. *Nature Human Behavior*.
- Maier, F., Luttenberger, I., **Dreisoerner, A.**, Szaszko, B. (in press). The effects of self-soothing touch on stress, fatigue, and loneliness: a pilot study using ecological momentary assessment. *Stress & Health*.
- Anthes, L., & **Dreisoerner, A.** (in press). Self-compassion and mental health: a systematic review and transactional model on mechanisms of change. *Mindfulness*.
- Tschenett, H., **Dreisoerner, A.**, Schaefer, K., Nater, U. M. (2026). The feasibility and effectiveness of a novel mHealth stress management intervention: a pilot study with undergraduate students. *Internet Interventions*, 43, 100901.
<https://doi.org/10.1016/j.invent.2025.100901>
- Dreisoerner, A.**, Feneberg, A. C., Forbes, P. A. G., Pronizius, E., Piperno, G., Stijovic, A., Skoluda, N., Lamm, C., Silani, G., & Nater, U. M. (2025). Fatigue and its longitudinal associations with mood, stress, anxiety, and hair cortisol during the lockdowns of the COVID-19 pandemic: a cohort study with ecological momentary assessment. *Biopsychosocial Science and Medicine*, 87 (9), 652-661.
<https://doi.org/10.1097/psy.0000000000001433>
- Dreisoerner, A.**, Heekerens, J. B., Karle, V., & Mendes Pawelkiewicz, J. (2024). Fear-setting: A brief writing intervention increases motivation to reach a goal and positive affect. *Journal of Happiness Studies*, 25(6), 61.
<https://doi.org/10.1007/s10902-024-00767-2>
- Dreisoerner, A.**, Ferrandina, C., Schulz, P., Nater, U. M., & Junker, N. M. (2023). Using group-based interactive video teleconferencing to make self-compassion more accessible: a randomized controlled trial. *Journal of Contextual Behavioral Science*, 29, 230-239.
<https://doi.org/10.1016/j.jcbs.2023.08.001>
- Dreisoerner, A.***, Klaic, A.*, Junker, N., & van Dick, R. (2022). Self-compassion as a means to improve job-related well-being in academia. *Journal of Happiness Studies*, 24(2), 409-428.
<https://doi.org/10.1007/s10902-022-00602-6>
- Dreisoerner, A.**, Junker N. M., Schlotz, W., Ditzen, B., Heimrich, J., Bloemeke, S., & van Dick, R. (2021). Self-soothing touch and being hugged reduce cortisol responses to stress: a randomized controlled trial on stress, physical touch, and social identity. *Comprehensive Psychoneuroendocrinology*, 8, 100091. <https://doi.org/10.1016/j.cpnec.2021.100091>
- Dreisoerner, A.**, Junker, N., & van Dick, R. (2021). The relationship among the components of self-compassion: a pilot study using a compassionate writing intervention to enhance self-kindness, common humanity, and mindfulness. *Journal of Happiness Studies*, 22, 21-47.
<https://doi.org/10.1007/s10902-019-00217-4>
- Jarden, A., Rashid, T., Roache, A., Lomas, T., Heekerens, J. B., & **Dreisoerner, A.** (2019). Ethical guidelines for positive psychology practice (version 1.0: German). *International Journal of Wellbeing*, 9(3), 1-36. <https://doi.org/10.5502/ijw.v9i3.993>

Funding

- Mindful self-touch: Disentangling the differential effects of self-soothing touch through tactile stimulation and mindfulness on psychosocial stress reactivity and recovery, Research Platform The Stress of Life (SOLE) – Processes and Mechanisms underlying Everyday Life Stress, 2024, 10.000€, Role: first author
- Seed grant stress and sports performance Research Platform The Stress of Life (SOLE) – Processes and Mechanisms underlying Everyday Life Stress, 10.000€, role: co-author.

Self-compassion and mindfulness. Doctoral grant from Friedrich-Naumann-Stiftung für die Freiheit, 2016-2019, 60.000€. Role: PI.

How does self-soothing touch and receiving hugs affect stress responses (with Rolf van Dick). Friends and Supporters of Goethe University, 1.702€. Role: PI.

Effects of meditation on cortisol and pain coping in a cold pressor task (with Nina Junker). Friends and Supporters of Goethe University, 1.305€. Role: PI.

Teaching

(see also teaching concept and list of courses held)

Lectures and seminars

Over 60 seminars and lectures at Goethe University, Frankfurt School of Management & Finance, University of Vienna, PFH Göttingen, Vienna Biocenter on research methods, positive psychology, academic mental health, stress, emotion regulation strategies, statistics and mathematics

Total supervision

Master students: 15

Bachelor students: 70

Conference presentations

Self-soothing touch and being hugged reduce cortisol responses to stress: a randomized controlled trial on stress, touch, and social identity, *18th International Congress of the International Society of Behavioral Medicine*, research talk, Vienna, Austria, 2025

What is a good life? Interventions and psychological underpinnings for increasing life satisfaction and affective well-being, Ernst Ludwig Ehrlich Studienwerk, research talk, online, 2024

Trajectories of fatigue and their influence on stress, anxiety, and mood during COVID-19 lockdowns: an ecological momentary assessment study, *4th International Congress of the World Association for Stress Related and Anxiety Disorders*, Vortrag, Zürich, Switzerland, 2023

Mindfulness and loving kindness meditation to cope with acute pain: a double-blind randomized controlled trial, *Tagung der Deutschen Gesellschaft für Verhaltensmedizin*, research talk, Salzburg, Austria, 2022

Stress im Alltag: Ein konzeptuelles Modell und eine Forschungsagenda, Tagung der Deutschen Gesellschaft für Verhaltensmedizin, Poster, Salzburg, Österreich, 2022

Effects of self-soothing touch, receiving hugs, and social identity on cortisol, heart rate, and subjective-emotional responses to stress, *Jährliche Tagung der Deutschen Gesellschaft für Psychologie*, research talk, Hildesheim, Germany, 2022

Selbstberührungen und Umarmungen reduzieren Cortisolreaktionen auf Stress: Eine randomisierte kontrollierte Studie zu Stress, Berührung und sozialer Identität. *Tagung der Österreichischen Gesellschaft für Psychologie*, research talk, Klagenfurt, Austria, 2022

Effects of self-soothing touch, receiving hugs, and social identity on cortisol, heart rate, and subjective emotional responses to stress, *Annual Meeting of the European Association of Psychosomatic Medicine*, research talk, Vienna, Austria, 2022

Self-compassion for academics: A weekly diary study on affect, work engagement, and job satisfaction. *Doctoral conference of Psychologists in Hessia*, research talk, Marburg, Germany, 2021

The power of touch: Evidence from an experimental study on self-soothing touch and receiving hugs on stress coping. *Doctoral conference of Psychologists in Hessia*, research talk, Frankfurt am Main, Germany, 2020

Effects of self-soothing touch, receiving hugs, and social identity on cortisol, heart rate, and subjective-emotional responses to stress. *Contemplative Research Conference at Mind & Life Institute* (online), research talk, New York, USA, 2020

Selbstberührungen senken die Cortisol-Reaktion in standardisierter Stresssituation (accepted talk). *Annual conference of Deutschen Gesellschaft für Psychologie (DGPs)*, research talk, Vienna, Austria, 2020

Self-soothing touch lowers cortisol response in standardized stress situation (accepted talk). *10th European Conference on Positive Psychology from the European Network for Positive Psychology*, research talk, Reykjavik, Iceland, 2020

Self-compassion at work: Cross-sectional evidence across three studies. *Annual meeting at the European Association of Work and Organizational Psychology (EAWOP)*, research talk, Turin, Italy, 2019

In the popular press (excerpt)

PULS4 (ProSiebenSat.1; documentary "Stress: Freund oder Feind?"), December 12, 2025

HR (Hessischer Rundfunk) live TV interview on touch, August 26, 2024

N-TV (Interview on hugs), January 21, 2024

BB Radio (Interview on "Lucky Girl Syndrome"), May 15, 2023

ZDF heute (Expert on "Lucky Girl Syndrome" on Instagram), February 19, 2023

hr1 (Radio interview on touch and stress), February 14, 2023

fm4/ORF (Expert on positive effects of "doing nothing"), February 11, 2023

ZDF heute (Expert on "toxic mindfulness" on Instagram), October 10, 2022

Women's Health (Study on touch cited in print edition), June 1, 2022

Men's Health (Study on touch cited online), May 31, 2022

YOU FM (Interview on touch during the COVID-19 pandemic), May 28, 2021

FOCUS (Study on touch cited in the title story of the print edition), January 30, 2021

N-JOY Radio (Interview on touch during the COVID-19 pandemic), May 29, 2020

Frankfurter Rundschau (Study on touch cited online), May 18, 2020

Peer review activity

- Applied Psychology Health and Well-Being
- BMC Psychology
- Clinical Psychological Science
- Cognition & Emotion
- Current Psychology
- Frontiers of Psychology
- Hormones and Behavior
- Human Development
- Journal of Contextual Behavioral Science (Editorial Board Member)
- Laterality: Asymmetries of Body, Brain and Cognition
- Mindfulness
- Nature Mental Health
- Personality and Social Psychology Bulletin
- PLOS ONE
- Psychoneuroendocrinology
- Stress & Health

Vienna, January 30, 2025

A handwritten signature in blue ink, consisting of stylized letters and a horizontal line extending to the right.

Dr. Aljoscha Dreisörner