

CURRICULUM VITAE

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Academic title:	PD Dr. Dipl.-Psych.
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Present academic position:	Head Psychologist, Postdoctoral research fellow



Education

2010 - 2014	Advanced postgraduate training in psychotherapy (cognitive-behavioural therapy), Aus- und Weiterbildungsinstitut für Verhaltenstherapie Falkenried
2005- 2010	Diploma in Psychology Technical University Darmstadt, Germany
2007-2009	Basic level graduation in person centered counselling Gesellschaft für wissenschaftliche Gesprächspsychotherapie

Degrees

2025	Habilitation and venia legendi (Clinical Psychology and Psychosomatic Medicine)
2013 - 2016	Ph.D. in non-medical PhD-Program University Medical-Center Hamburg-Eppendorf
2014	Licensure as psychological psychotherapist (cognitive-behavioral therapy)

Professional positions

Since 2020	Head Psychologist, Postdoctoral research fellow Clinic and Polyclinic for Psychosomatic Medicine and Psychotherapy, UKE, Germany
Since 2021	Lecturer for advanced postgraduate training in psychotherapy Institute for Psychotherapy, UKE, Germany
2018	Visiting Postdoctoral research fellow Research Clinic for Functional Disorders and Psychosomatics, Aarhus University Hospital, Denmark
Since 2016	Postdoctoral research fellow, lecturer and clinical psychologist Department of Psychosomatic Medicine and Psychotherapy, UKE, Germany
2011-2016	Junior research fellow Department of Psychosomatic Medicine and Psychotherapy, UKE, Germany
2011-2012	Psychotherapist in training at the Department of Psychiatry Asklepios Clinic North Wandsbek, Germany
2010 - 2011	Psychotherapist in training at the Department of Psychosomatic Medicine and Psychotherapy Schön Clinic Hamburg Eilbek, Germany

Research interests

Prevention and early treatment in persistent somatic symptoms; somatoform, functional, somatic symptom and related disorders as well as eating disorders, psychotherapy research; mechanism research; illness perceptions and explanatory models in mental and somatic disorders; gynaecological psychosomatics

Other academic and administrative functions

2024	Member of the Scientific Advisory Board "Bundesfachverband Essstörungen"
2021-2024	Treasurer of the European Association for Psychosomatic Medicine (EAPM)
2018-2021	Member of the Special Interest Group "Young Researchers" of the EAPM and co-opted Executive Council Member
Since 2017	Founding member of an Academic Peer-Mentoring Group for female researchers
2014-2019	Mentor at Mentoring Program PLUS for medical students at University Medical Center Hamburg-Eppendorf, Germany

Selected awards and honours

2020-2022	Rahel Liebschütz-Plaut Scholarship for female postdoctoral researchers
2018	Travel Scholarship University of Hamburg for research visit in Denmark
2017	Award for best psychological PhD thesis (DKPM)
2017	Best Poster Award at the German Conference for Psychosomatic Medicine and Psychotherapy, Berlin, Germany (DKPM, DGPM)
2011-2013	Scholarship "Clinical Research in Psychosomatics" (C.G. Carus Foundation)
2008-2010	Scholarship (German Academic Scholarship Foundation)

Project-related funding

2021	Research funding Rahel Liebschütz-Plaut Scholarship (2.500€)
2019	Research grant "Helpful explanatory models in somatoform symptoms: an experimental pilot study", Werner-Otto Foundation (PI; 48.858€)
2016	EURONET-SOMA: European Research Network to improve Diagnosis, Treatment and Care for Patients with Persistent Somatic Symptoms. (Co-Proposer)

Selected publications

Toussaint A & **Weigel A**, Löwe B. The overlooked burden of persistent physical symptoms: a call for action in European healthcare. *Lancet Reg Health-Eu*. 2025;48:101140.

Löwe B, Toussaint A, Rosmalen J, Huang W, Burton C, **Weigel A**, Levenson J, Henningsen P. Persistent physical symptoms: definition, genesis, and management. *Lancet*. 2024;403(10444):2649-2662.

Gumz A, Reuter L, Löwe B, Voderholzer U, Schwennen B, Fehrs H, Wünsch-Leiteritz W, Brunner R, Kästner D, Zapf A, **Weigel A**. Factors influencing the duration of untreated illness among patients with anorexia nervosa: A multicenter and multi-informant study. *Int J Eat Disord* 2023;56(12):2315-2327

Weigel A, Hüsing P, Junge M, Löwe B. Helpful explanatory models for persistent somatic symptoms (HERMES): Results of a three-arm randomized-controlled pilot trial. *J Psychosom Res*. 2023;172

Kustra-Mulder A, Löwe B, **Weigel A**. Healthcare-related factors influencing symptom persistence, deterioration, or improvement in patients with persistent somatic symptoms: A scoping review of European studies. *J Psychosom Res*. 2023;174:111485.

Löwe B, Levenson J, Depping M, Hüsing P, Kohlmann S, Lehmann M, Shedden-Mora M, Toussaint A, Uhlenbusch N, **Weigel A**. Somatic symptom disorder: a scoping review on the empirical evidence of a new diagnosis. *Psychol Med*. 2022 Mar;52(4):632-648.