

Talks on Tuesday, 26. Nov 2024

in HS 424

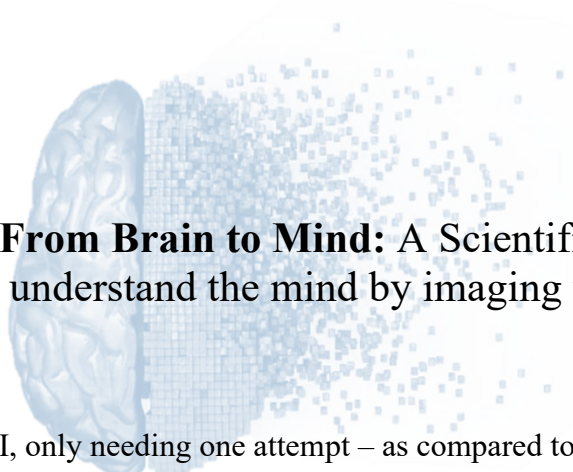
Start: 10:15 (till 11.30)

The talks will be presented in English

Presentation of three successfully acquired research projects at the Department of Psychology

Pavlos Topalidis, M.Sc., Prof. Dr. Manuel Schabus & Alexandra Hinterberger M.Sc.

FB Psychologie/CCNS



From Brain to Mind: A Scientific Endeavour to understand the mind by imaging the brain.



Pavlos Topalidis, M.Sc.

I, only needing one attempt – as compared to my supervisor below – was successful in acquiring a science communication grant which will allow to focus on the scientific achievements of the 12 year Doctoral College “Imaging the Mind” that was hosted at our Department at PLUS.

More specifically, the *From Brain to Mind* science communication initiative by the FWF is aimed at conveying advances in cognitive neuroscience to a broad audience in an engaging and accessible manner. With a team of researchers and communication experts, the project will use three formats to make the DK scientific publications appealing and understandable to the general public: a featurette (short documentary video), video podcast interviews, and video vignettes (abstracts) of our many many published DK studies at PLUS.

From Sleeplessness to Digital Therapy: Introducing the “Virtual Sleep Lab”



Manuel Schabus, PhD^{longdone}

After 3 revisions and literally a 4 year process (starting October 2020) we were finally successful and were awarded a €600k FWF grant for our “Virtual Sleep Lab” (VSL) project.

The VSL is an innovative digital program for treating insomnia (©sleep²), based on Cognitive Behavioral Therapy for Insomnia (CBT-I). The VSL offers accessible, science-based therapy for people with sleep disorders, combining daily feedback with objective measures like polysomnography and heart rate variability. This allows users to track and improve sleep patterns actively. A randomized controlled trial (RCT) will assess VSL’s effectiveness against traditional CBT-I groups and a control group, aiming to evaluate digital interventions as a cost-effective, scalable alternative to in-person therapy. With approximately 30% of the population experiencing clinical sleep issues, the VSL has potential as an impactful, widely accessible treatment option.

From Traditional to Innovative Approaches in Digital Therapy: Investigating the role of objective sleep measurement in insomnia



Alexandra Hinterberger, M.Sc.

Leaving the grant money to the men? – I don’t think so 😊

New approaches to insomnia therapy, as the VSL that includes objective sleep measurement, require thorough research to better understand their impact on people with sleep problems. I was very lucky to be awarded with two fellowships for my PhD – the Marie Anđeßner Fellowship for dissertations by the University of Salzburg, and the DOC Fellowship by the Austrian Academy of Sciences (ÖAW) – to investigate the role of objective sleep measurement in insomnia, and more specifically, digital insomnia therapy.

By delving deeper into this topic, we aim at advancing our understanding as to whether sleep tracking can enhance therapy-based improvements or whether it might potentially lead to adverse effects. With regard to the increasingly digital world that we live in, it is crucial to understand the impact of objective sleep tracking on people, and how we can use this knowledge to improve digital therapy towards more individualized treatment options.