

Caroline Schlinkert

Curriculum Vitae

Department of Clinical Psychology
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Education

- Current **PhD candidate in Psychology**, Department of Clinical Psychology, Vrije Universiteit Amsterdam, the Netherlands. Supervisors: Prof. Sander L. Koole (VU Universiteit Amsterdam) and Prof. Nicola Baumann (University of Trier)
- 2010-2012 **Research Master Psychology** (cum laude), specializing in Developmental Psychology, University of Amsterdam, the Netherlands
- 2006-2010 **Bachelor's degree in Methods of Psychology**, University of Amsterdam, the Netherlands

Publications and Papers

Peer-Reviewed Articles

- Samur, D., Tops, M., **Schlinkert, C.**, Quirin, M., Cuijpers, P., & Koole, S. L. (2013). Four decades of alexithymia research: Moving towards clinical applications. *Frontiers in Psychology*, 4, 861.
- Schlinkert, C.** , Baumann, N. & Koole, S. L. (in preparation). Closer to The Heart: Self-control heightens interoception among chronic ruminators.
- Schlinkert, C.** , Herbert, B. M., & Koole, S. L. (in preparation). In Control But Out of Touch: Self-control lowers perceived body vitality among chronic ruminators.
- Schlinkert, C.**, & Koole, S. L. (in preparation) Heeding Your Hunger: Self-Control Disrupts Appetite Regulation Among Chronic Ruminators.

Bruijniks, J.E., **Schlinkert, C.**, & Huibers, M.J.H. (in preparation). Psychotherapy in the lab: a pilot study on the specific effects of cognitive change procedures on mood and dysfunctional thoughts

Hagger, M. S., Chatzisarantis, N. L. D., Alberts, H., Anggono, C. O., Birt, A., Brand, R., ... Zweinenberg, M. (2015). A Multi-Lab Pre-Registered Replication of the Ego-Depletion Effect. *Perspectives on Psychological Science*, 2.

Book Chapters

Tops, M., **Schlinkert, C.**, Tjew A Sin, M., Samur, D., & Koole, S. L. (2015). Protective inhibition of self-regulation and motivation: Extending a classic Pavlovian principle to social and personality functioning. In G. Gendolla, M. Tops, & S. L. Koole (Eds), *Biobehavioral approaches to self-regulation: A Handbook*. New York: Springer.

Professional Presentations

Schlinkert, C. (2016, 06). The impact of self-control and rumination on body perception, Invited talk, University of Trier, Trier, Germany.

Schlinkert, C. (2016, 07). Sustained willpower may make you overweight: Inhibitory control disrupts appetite regulation among chronic ruminators, CERE 2016, Leiden, The Netherlands.

Schlinkert, C. (2016, 01). In control but out of touch: The impact of self-control and rumination on embodied information processing, Invited talk, University of Tübingen, Tübingen, Germany.

Schlinkert, C. & Koole, S.L. (2015, 05). In control but out of touch: Priming self-control disrupts appetite regulation among chronic ruminators. In C. Schlinkert & S.L. Koole (Chair), *Minding the body: The new science of interoceptive awareness*. Symposium conducted at the meeting of the American Psychological Association, New York City, NY. Schlinkert, C. (2015, 03). *In Control but out of Touch? Priming self-control disrupts appetite regulation among chronic Ruminators. International Convention of Psychological Science conference, Amsterdam.*

Schlinkert, C. (2015, 03). *In Control but out of Touch? Priming self-control disrupts appetite regulation among chronic Ruminators. 18th Herbstakademie, Heidelberg, Germany.*

Schlinkert, C. (2014, 12). *In Control but out of Touch? Priming self-control disrupts eating behavior among chronic Ruminators*. ASPO Conference, Groningen, the Netherlands

Schlinkert, C. (2014, 05). *The somatic neglect hypothesis: Embodied information processing among ruminators*. KLI conference, Utrecht, the Netherlands.

Schlinkert, C. (2013, 11). *The role of rumination and mindfulness in recovery from stress as assessed by heart rate*. KLI track meeting of Social Cognition, Groningen, the Netherlands.

Grants

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