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7th Newsletter

January 2022

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Welcome to our 7th newsletter! **DynaMORE** is an international research project that aims to promote stress resilience and improve mental health and well-being in the face of adversity. It is spearheaded by **Prof. Dr. Raffael Kalisch** from the Leibniz Institute for Resilience Research (**LIR**) and funded by the European **Horizon 2020** Research and Innovation Programme. If you are receiving this newsletter as a forwarded message, but would like to actively subscribe to receive DynaMORE-specific news, please [enter your email address here](#). We wish everyone a successful, happy, and above all healthy New Year 2022!



Save the Dates

8th International Symposium on Resilience Research (#resilience2022)

28 - 30 Sept 2022

Mainz, Germany

The 8th International Symposium on Resilience Research ([#resilience2022](#)) will take place from 28th – 30th September 2022 in Mainz, Germany. Fingers crossed that it will be a “real people” face-to-face meeting this time!



3rd Donders Summer School on Stress & Cognition

Summer 2022

Radboud University, Nijmegen, The Netherlands

The [3rd Summer School on Stress & Cognition](#) will take place in summer 2022. Exact dates will be announced soon. The target audience includes Master's and PhD students, post-docs, and faculty members. The [programme and list of speakers](#) are very exciting, so stay tuned!

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8th Steering Committee Meeting



DynaMORE's 8th Steering Committee (SC) Meeting took place remotely via Zoom on 11-12 October 2021 due to the COVID-19 pandemic. Thanks for attending everyone, we sincerely hope to see you again soon in person!

New publications

Two new manuscripts that were funded by the **DynaMORE** project have been published since you last heard from us, and more are in preparation. **Kalisch et al. (2021)** describe a novel way of assessing individual reactivity to stressor exposure as a measure of personal resilience in longitudinal studies while **van den Berg et al. (2021)** present surprising differences between maternal versus paternal support

publications. Congrats to the authors!

- Kalisch R et al. (2021). [The Frequent Stressor and Mental Health Monitoring-Paradigm: A Proposal for the Operationalization and Measurement of Resilience and the Identification of Resilience Processes in Longitudinal Observational Studies](#). *Front Psychol.* 12, Article number: 710493. [PDF](#)
- van den Berg YHM et al. (2021). [Emerging Adults' Mental Health During the COVID-19 Pandemic: A Prospective Longitudinal Study on the Importance of Social Support](#). *Emerg Adulthood.* 9(5): 618-630. [PDF](#)

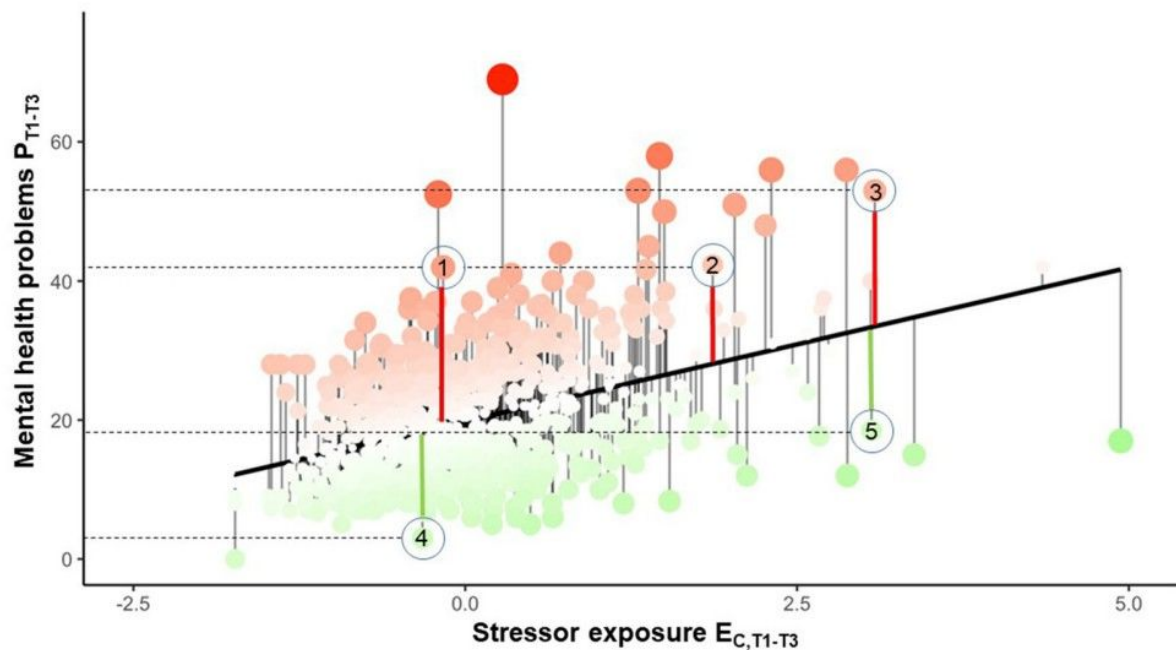


Fig. 4 in [Kalisch et al. \(2021\)](#) displays the individual mental health reactivity to stressor exposure ("stressor reactivity"). The regression line shows the normative linear positive relationship between combined exposure to LEs and DHs stressors ($E_{C,T1-T3}$) and mental health problems (P_{T1-T3}) in subjects providing partial data during the first 9 months of the study (monitoring time points T1–T3). The residuals onto the regression line are subjects' deviations from the normative E_C - P relationship. A strong positive deviation reflects high susceptibility of the subject's mental health to the effects of DHs and LEs (high stressor reactivity, SR) during the chosen time window; a strong negative deviation reflects abnormally low susceptibility (low SR). 1–5 denote arbitrarily chosen subjects. Click on the figure to access the original publication.

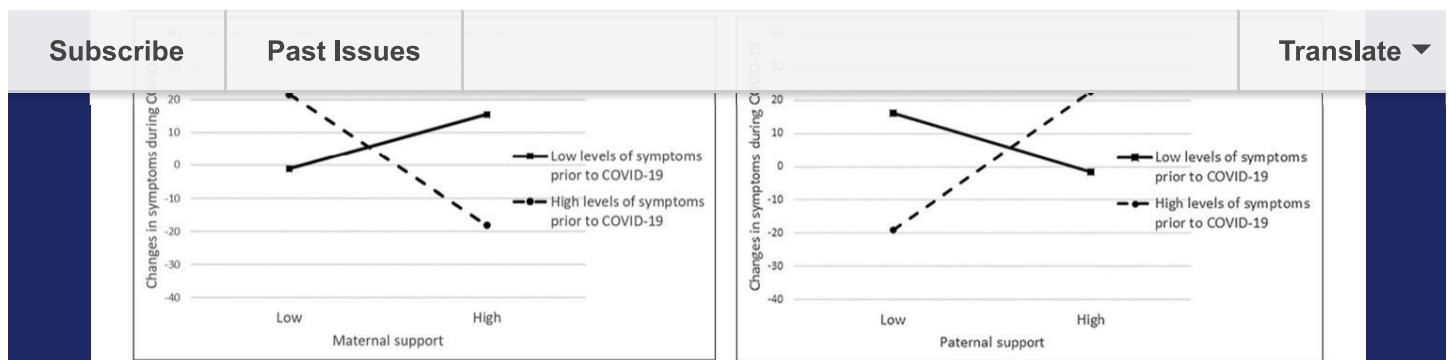


Fig. 1 (left) and 2 (right) in [van den Berg et al. \(2021\)](#) show simple slopes describing the association between maternal support (left) or paternal support (right) and changes in symptoms during COVID-19 for emerging adults with low and high levels of symptoms prior to COVID-19. Click on the figure to access the original publication.

Awards & Announcements



New SEAB member

Prof. Dr. Anne-Laura van Harmelen, an expert on the brain, safety, and resilience and professor at the Institute of Education and Child Studies at Leiden University, the Netherlands, is about to join the scientific and ethical advisory board (SEAB) of the DynaMORE project. A cordial welcome! We are looking forward to receiving her input and feedback.

Sophie wins poster award

In June 2021, **Sophie Bögemann** (PhD student at **SKU**) won a poster prize at the **Dutch Neuroscience Meeting**. The title of the poster was "Weekly dynamics of mental resilience and protective factors during COVID-19" and presented results of the so-called **DynaCORE** study.



Goodbye, Jelle & Yana

Jelle Asbreuk and Yana Schwarze finished their internships at the Donders Institute (**SKU**). They were both involved in participant recruitment and data

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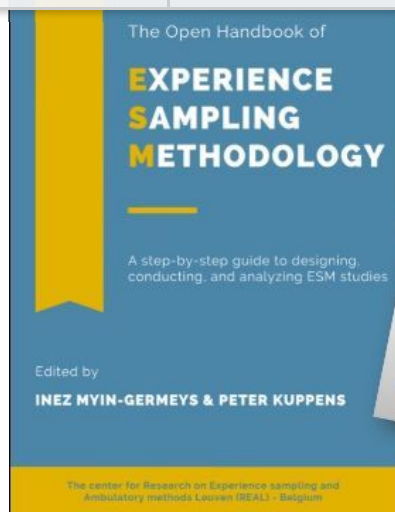
Jelle Asbreuk



Yana Schwarze

Open Handbook on Experience Sampling Methodology

Prof. Dr. Inez Myin-Germeys (KUL) and colleagues are happy to announce the launch of "The Open Handbook of Experience Sampling Methodology". Experience sampling methods (ESM), as used in the **DynaMORE** project, are the gold standard in studying peoples' thoughts, feelings, and behavior in the context of daily life. For this open handbook, experts from the Center for Research on Experience sampling and Ambulatory methods Leuven (REAL) joined forces to provide up-to-date and empirically-based advice for designing, conducting and analyzing data from ESM studies. The book is designed as a step-by-step guide that walks the reader through the different steps of an ESM study: starting from the type of research questions that can be formulated and how this translates into the design of the study; ethical issues; considerations that come into play when actually conducting the study, such as calculating sample size; choice of software; and the importance of briefing/debriefing. This guide also provides a thorough introduction to preprocessing and analyzing the resulting intensive longitudinal data, ending with some future developments in the areas of mobile intervention and passive sensing. As such, this handbook represents an open, complete, and up-to-date introduction to ESM research for novice and expert researchers alike. The book can be [downloaded for free here](#) (as a PDF), or it can be purchased as a paperback at [Amazon](#).

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DynaMORE in the press & on social media

Lots of online and print articles, podcasts, TV coverage, blog posts, and social media activity have accompanied the **DynaMORE** project lately. For a collective list of all press coverage since the start of the project, please visit the subpage "**Press coverage**" on our website. For social media coverage, follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

Interview with Dr. Sarah Ayash

Dr. Sarah Ayash is a postdoc at Leibniz Institute for Resilience Research ([LIR](#)) and investigates stress resilience. In part nine of this [blog interview series](#), she explains how we can positively influence our own resilience. The interview also features the DynaMORE publication "Psycho-social factors associated with mental resilience in the Corona lockdown" ([Veer et al. 2021](#)).



**Blog series #9:
Stress resilience
during the
pandemic**

Dr. Sarah Ayash is a postdoc at Leibniz Institute for Resilience Research – LIR and investigates stress resilience. In part nine of our blog interview series, she explains how we can positively influence our own resilience.



Name / Institute:

Dr. Sarah Ayash
LIR – Leibniz Institute for Resilience Research, Mainz
Area: Molecular and Cellular Mechanisms of Resilience
Leibniz Section C

Research topic:

Stress Resilience

Main featured instrument or technique (for this specific COVID study):

Cross-sectional online survey conducted in 24 languages during the most intense phase of the lockdown in Europe (March 22nd to April 19th 2020) in a convenience sample of N=15,970 adults

"I investigate stress resilience promoting factors during the pandemic and ways to positively employ the stress induced by the crisis to increase one's resilience, a phenomenon known as "stress inoculation"."

For updates on resilience research in general, follow [@ResilienceRes](#) on Twitter![Subscribe](#)[Past Issues](#)[Translate](#) ▼

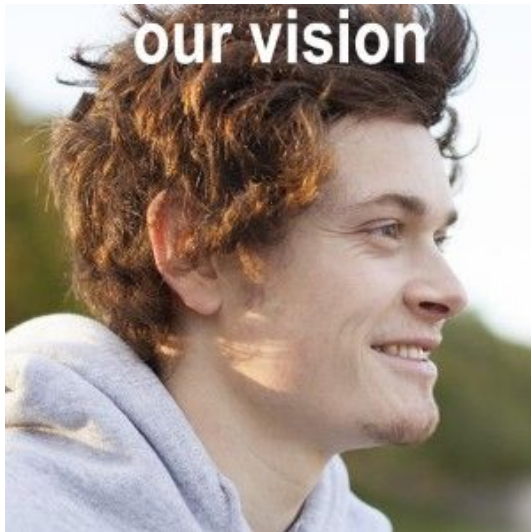
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