# Curricula vitae

## Univ. Prof. Dr. Katharina Hüfner

Born 16.10.1976

10/2016-10/2018 Maternity leave, since 2018 parental part term employment

Current address: Department of Psychiatry, Psychotherapy, Psychometrics and Medical Psychology, University Hospital for Psychiatry 2

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**MAIN AREAS OF RESEARCH AND MOST IMPORTANT RESEARCH RESULTS**

My research activities started in very basic biomedical research analysing macrophage cytoskeleton proteins during my PhD where I discovered the role of microtubules in podosome (adhesion structures in macrophages) formation. I continued to work in basic science research during my neurology residency. I then became fascinated by the field psychosomatic medicine where I could combine neurological and psychiatric knowledge, but I always kept my interest in basic biological mechanisms and am now investigating biological markers of anxiety and depression (psychoneuroimmunology), the role of physical activity and nature exposure in psychosomatic disorders as well as the effect of high altitude on mental health. I believe that this diverse research background from molecular biology to clinical studies qualifies me to lead a translational research project.

**CLINICAL EDUCTION AND EXPERIENCE**

2020 Certified specialist in Psychiatry and Psychotherapeutic Medicine

Since 2013 Medical doctor, Department of Psychiatry, Psychotherapy, Psychosomatics, and Medical Psychology, Division of Psychiatry II (Psychosomatic Medicine), Innsbruck Medical University, Innsbruck, A

2012 Certified Specialist in Neurology

2009-2013 Member of the Board of directors, German Center for Vertigo and Balance Disorders IFBLMU

2004-2013 Medical doctor Department of Neurology, Ludwig-Maximilians University, Munich, GER,

2002/2003 Final year internships: Mount Sinai School of Medicine, NYC, NY; Dartmouth Medical School, Hanover, NH, USA; Hospital for Neurology and Neurosurgery at Queen Square, London, GB

2001 Clinical electives abroad: WHO-Health-Centre, Nuuk, Greenland; Ayr Hospital, Ayr, QEENSL, AUS; Rockingham and Kwinana District Hospital, Perth, WA, A

1998-2003 Ludwig-Maximilians University Medical School, Munich, GER

1996-1998 Albert-Ludwigs University Medical School, Freiburg, GER, Royal Infirmary, Aberdeen, GB

**RESEARCH ACTIVITIES AND POSITONS**

Since 2023 Full professor, Medical University Innsbruck, Innsbruck, A

Since 2020 Associate editor BMC Psychiatry

Since 2020 Associate Professor, Medical University Innsbruck, Innsbruck, A

Since 2018 Leader of the research group “Psychosomatic Medicine”

2016-2020 Assistant Professor, Medical University Innsbruck, Innsbruck, A

Since 2013 Research in Psychosomatic Medicine, Department of Psychiatry, Psychotherapy and Psychosomatics (Head: Prof. Dr. B. Sperner-Unterweger), Innsbruck Medical University, Innsbruck, AUS

2010 Habilitation (venia legendi Clinical Neurology), Ludwig-Maximilians University, Munich, GER

2009-2013 Leader “Young Scientist Group”, Ludwig-Maximilians University, Munich, GER, funded by the Excellence Initiative of German Ministery for Education and Research (BMBF)

2004-2013 Research on the vestibular and ocular motor system with special focus on neuroimaging studies and molecular biology techniques, Department of Neurology, Ludwig-Maximilians University, Munich, GER

1999-2000 Research at Salk Institute for Biological Studies, LaJolla, CA, USA and CNRS, Grenoble, FR

**SCHOLARSHIPS AND EXTERNAL FUNDING (excerpt)**

2024 External funding by “Land Tirol”, Tirolean Government

2022 External funding from the Austrian Academy of Science (call ESS)

2021 External funding from the “Deutsche Gesellschaft für Berg- und Expeditionsmedizin” (together with medical student Hanna Salvotti)

2020-2023 External funding by the Austrian Climate and Energy Fond

2012-2015 External funding by Jubiläumsfond of the Austrian National Bank (principal investigator: Prof. Dr. B. Sperner-Unterweger)

2009-2015 External funding by the German Ministery for Education and Research (BMBF)

2007-2014 External funding by the Research and Teaching Incentive Program of the Ludwig-Maximilians University, Munich, GER

2005 External funding by the „Friedrich Baur Stiftung“

2000 Graduate scholarship from the “Deutsche Forschungs-Gemeinschaft” (German Academic Exchange Program, DAAD)

1999-2000 PhD scholarship from the “Deutsche Forschungs-Gemeinschaft” (German Research Foundation, DFG)

**TEACHING EXPERIENCE (only recent activities)**

Since 2021 Head of the clinical PhD program “Neurosciences” at Medical University Innsbruck, Innsbruck, A (2019-2021 deputy head)

Since 2018 Teaching of specialized course in “Psychosomatic Medicine”, Medical University Innsbruck, Innsbruck, A

**10 RELEVANT PUBLICATIONS (last 5 years)**

Bichler CS, Niedermeier M, **Hüfner K**, et al. Affective Responses to Both Climbing and Nordic Walking Exercise Are Associated With Intermediate-Term Increases in Physical Activity in Patients With Anxiety and Posttraumatic Stress Disorder - A Randomized Longitudinal Controlled Clinical Pilot Trial. Front Psychiatry. 2022 Jun 9;13:856730. doi: 10.3389/fpsyt.2022.856730.

Habelt L, ……**Hüfner K.** Why do we climb mountains? An exploration of features of behavioural addiction in mountaineering and the association with stress-related psychiatric disorders. Eur Arch Psychiatry Clin Neurosci. 2022 Aug 18. doi: 10.1007/s00406-022-01476-8.

**Hüfner K** et al. Assessment of Psychotic Symptoms in Individuals Exposed to Very High or Extreme Altitude: A Field Study. High Alt Med Biol. 2021 Dec;22(4):369-378. doi: 10.1089/ham.2020.0210.

**Hüfner K**, Fuchs D, Blauth M, Sperner-Unterweger B. How acute and chronic physical disease may influence mental health - An Analysis of neurotransmitter precursor amino acid levels. Psychoneuroendocrinology. 2019 Aug;106:95-101. doi: 10.1016/j.psyneuen.2019.03.028.

**Hüfner K** et al. Viewing an alpine environment positively affects emotional analytics in patients with somatoform, depressive and anxiety disorders as well as in healthy controls. BMC Psychiatry. 2020 Jul 23;20(1):385. doi: 10.1186/s12888-020-02787-7.

**Hüfner K** et al. Persistent somatic symptoms are key to individual illness perception at one year after COVID-19 in a cross-sectional analysis of a prospective cohort study. J Psychosom Res. 2023 Jun;169:111234. doi: 10.1016/j.jpsychores.2023.111234.

**Hüfner K** et al. The effect of inflammation, SARS-CoV-2 infection, age and mental health on serotonin, and kynurenine and catecholamine pathway metabolites. Psychoneuroendocrinology. 2023 Oct;156:106334. doi: 10.1016/j.psyneuen.2023.106334.

Ower C, ….**Hüfner K**. The effect of physical activity in an alpine environment on quality of life is mediated by resilience in patients with psychosomatic disorders and healthy controls. Eur Arch Psychiatry Clin Neurosci. 2018.doi: 10.1007/s00406-018-0930-2.

Sahanic S, …. **Hüfner K**, et al. Phenotyping of acute and persistent COVID-19 features in the outpatient setting: exploratory analysis of an international cross-sectional online survey. Clin Infect Dis. 2021 Nov 26:ciab978. doi: 10.1093/cid/ciab978.

Vögele A, ……**Hüfner K**, et al. Effect of Acute Exposure to Altitude on the Quality of Chest Compression-Only Cardiopulmonary Resuscitation in Helicopter Emergency Medical Services Personnel: A Randomized, Controlled, Single-Blind Crossover Trial. J Am Heart Assoc. 2021 Dec 7;10(23):e021090. doi: 10.1161/JAHA.121.021090.

**OTHER RESEARCH ACHIEVEMENTS**

1. Development of an online information and intervention program ([www.psychosomatik-innsbruck.at/Covid](http://www.psychosomatik-innsbruck.at/Covid)) with accompanying scientific evaluation during the Corona crisis, featured also in the Tiroler Tageszeitung 4/2020 and Tirol TV 4/2020
2. Participation in the first studies performed in TerraXcube (<https://terraxcube.eurac.edu/>) on the effect of high altitude on humans. TerraXcube is an infrastructure in Bolzano that simulates the Earth’s most extreme climatic conditions 10/2019. This was covered by ORF magazine “nano”
3. Several TV appearances in ORF e.g. on high altitude psychosis together with Peter Habeler 3/2018, on mental stress 5/2019, on addictive behavior in mountaineering 10/22
4. Our article Hüfner et al. on isolated high altitude psychosis was featured by the TIME magazine, NEWSWEEK magazine, Spiegel, Süddeutsche Zeitung and other media across the world like The Himalayan or NZZ 12/2017. Our article Habelt et al. on addictive behavior in mountaineering was featured in most German language newspapers such as “die Zeit” or NZZ 11/22.
5. Invited speaker at congresses, meetings and continuing medical education events for neurology and psychiatry/psychosomatics