

Dr. Sibel Nayman

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Education

Nov 2020 – April 2025

PhD Candidate

Central Institute of Mental Health, Mannheim, Germany
Research Group Longitudinal and Intervention Research
Thesis: *Menstrual Cycle-Dependent Psychological and Psychoendocrinological Processes, and Effects of Induced Attention Foci during Daily Life in Women with Pre-menstrual Dysphoric Disorder* (Supervisor: Prof. Dr. Christine Kuehner)

October 2018 – September 2022

Postgraduate Training in Psychological Psychotherapy (CBT)

Center of Psychological Psychotherapy (ZPP), Mannheim, Germany
CBT license: 26.09.2022

September 2016 – August 2018

M.Sc. Clinical and Cognitive Psychology

Mannheim University, Mannheim, Germany
Master's thesis: *Impacts of Perceived Discrimination on Daily Mood among Muslim German Students* (Supervisor: Prof. Dr. Christine Kuehner)

October 2013 – August 2016

B.Sc. Psychology

University of Ulm, Ulm, Germany
Bachelor's thesis: *Transgenerational Impacts of Child Maltreatment on Body Weight of Adult Mothers and Their Offspring* (Supervisor: Prof. Dr. Iris-Tatjana-Kolassa)

Research Experience

Since December 2024

Postdoctoral Researcher

Central Institute of Mental Health, Mannheim, Germany
Department of Psychosomatic Medicine and Psychotherapy

May 2020 – October 2024

Research Associate

Central Institute of Mental Health, Mannheim, Germany
Department of Psychiatry and Psychotherapy

February 2018 – June 2018

Guest Researcher

Pennsylvania State University, State College, PA, US
Department of Biobehavioral Health

October 2016 – January 2018

Research Assistant

Central Institute of Mental Health, Mannheim, Germany
Department of Psychiatry and Psychotherapy

May 2015 – December 2015

Research Intern

University of Ulm, Ulm
Department of Clinical and Biological Psychology

November 2014 – March 2015

Research Assistant

University Hospital Ulm, Günzburg, Germany

Clinical Experience

Since October 2022

Founder and Responsible Psychologist of the Specialized Outpatient Service for Premenstrual Dysphoric Disorder

Central Institute of Mental Health, Mannheim, Germany

November 2019 – September 2022

Practical Clinical Training as part of Postgraduate Training in Psychotherapy

Outpatient clinic, Center of Psychological Psychotherapy (ZPP), Mannheim, Germany

September 2018 – February 2020

Clinical Psychologist in Postgraduate Training in Psychotherapy

Median Clinic Wilhelmsheim, Stuttgart, Germany

March 2016 – June 2016

Clinical Intern

Bakırköy Mazhar Osman Mental Health and Neurological Diseases Education and Research Hospital, İstanbul, Türkiye
Department of Affective Disorders in Women & Turkish Association for Maternal Mental Health (Member of Maternal Mental Health Awareness Alliance)

Teaching Experience

Since 2024	Lecturer for Psychologists in the Postgraduate Psychotherapy Training Program Center of Psychological Psychotherapy (ZPP), Mannheim, Germany Topic: Premenstrual Dysphoric Disorder
Since February 2023	Lecturer for the Experimental Psychology Seminar (SS 2023, 2024, 2025) University of Mannheim Seminar: Menstrual Cycle und Emotion Regulation
Since January 2021	Supervision of Bachelor's and Master's Theses Central Institute of Mental Health & University of Mannheim
April 2015 – July 2015	Tutor for Test Theory and Test Construction University of Ulm, Ulm

Social engagement

Since March 2025	Representative of Early Career Researchers German Society for Behavioral Medicine and Behavior Modification (DGVM)
Since March 2020	Co-Initiator and Active Member of the Volunteer Project "empathique" https://www.youtube.com/c/Empathique Production of short psychoeducative animated videos Previous video series funded by the <i>Federal Ministry of Education and Research</i> (6,000€), the <i>State Parliament of Baden-Württemberg</i> (6,450€), and the <i>Central Institute of Mental Health</i> (5,700€)
Since 2018	Volunteer Workshop Leader and Speaker on Mental Health Topics

Awards & Grants

October 2024	Poster Prize Central Institute of Mental Health Mannheim
June 2024	Young Scientist Award German Psychological Society (DGPs)
March 2024	Peer-Mentoring-Program DGVM (with Celine Bencker, University of Vienna) German Society for Behavioral Medicine and Behavior Modification (2 100 €)
September 2023	Seed Money for Young Researchers Central Institute of Mental Health Mannheim (7,835 €)
September 2016 – January 2022	Fulltime Student Scholarship Full-time Masters and additional two-year Scholarship for the CBT-Training provided by Avicenna Studienwerk e.V., one of Germany's official state scholarship foundations funded by the Federal Ministry of Education and Research (BMBF)
February 2018 – June 2018	Research Visit Scholarship 4-month funding of research visit at Pennsylvannia State University, State College, PA, USA provided by Avicenna Studienwerk e.V.
March 2016 – June 2016	Scholarship for Clinical Internship (Abroad) 3-month funding of clinical internship at Bakırköy Mazhar Osman Mental Health and Neurological Diseases Education and Research Hospital, Istanbul, Turkey provided by German Academic Exchange Service (DAAD)

Reviewer activities

Journal of Affective Disorders | Drugs | The British Journal of Psychiatry

Memberships

Deutsche Gesellschaft für Psychologie (DGPs)
Deutsche Psychotherapeuten Vereinigung (DPtV)
Deutsche Gesellschaft für Verhaltensmedizin und Verhaltensmodifikation e.V. (DGVM)

Publications

For an up-to-date list of all publications, see my [Google Scholar profile](#)

1. Bencker, C., Tran, U., Roth, L., **Nayman, S.**, & Nater, U. M. (in press). Associations between Premenstrual Symptoms and (Traumatic) Stress: A Systematic Review and Three Multilevel Meta-Analyses. *The British Journal of Psychiatry*. <https://doi.org/10.31234/osf.io/z4uce>
2. Kuehner, C., & **Nayman, S.** (2025). Prämenstruelle Dysphorische Störung [Premenstrual Dysphoric Disorder]. *Die Psychotherapie*, 70, 117–134. <https://doi.org/10.1007/s00278-025-00766-5>
3. Bencker, C.*, Gschwandtner, L.*, **Nayman, S.**, Griksienė, R., Nguyen, B., Guennoun, R., Nater, U., Sundström-Poro-maa, I., Pletzer, B., Bixo, M., & Comasco, E. (2024). Progestagens and progesterone receptor modulation: effects on the brain, mood, stress and cognition. *Frontiers in Neuroendocrinology*, 101160. <https://doi.org/10.1016/j.yfrne.2024.101160> *shared first authors
4. **Nayman, S.**, Schricker, I. F., Reinhard, I., Grammatikos, I., & Kuehner, C. (2024). Induced Rumination and Mindful Self-focus in Daily Life across the Menstrual Cycle in Women with and without Premenstrual Dysphoric Disorder. *Behaviour Research and Therapy*, Article 104630, <https://doi.org/10.1016/j.brat.2024.104630>
5. **Nayman, S.**, Schricker, I. F., Reinhard, I., Dreer, J. K., Richter, A. S., & Kuehner, C. (2024). State and trait cognitions differentially affect cyclicity of mood and cortisol in individuals with and without Premenstrual Dysphoric Disorder. *Journal of Psychopathology and Clinical Science*, 133(4), 309–320. <https://doi.org/10.1037/abn0000894>
6. **Nayman, S.**, Schricker, I. F., Reinhard, I., & Kuehner, C. (2023). Childhood adversity predicts stronger premenstrual mood worsening, stress appraisal and cortisol decrease in women with Premenstrual Dysphoric Disorder. *Frontiers in Endocrinology*, 14, Article 1278531, 1-10. <https://doi.org/10.3389/fendo.2023.1278531>
7. **Nayman, S.**, Konstantinow, D. T., Schricker, I. F., Reinhard, I., & Kuehner, C. (2023). Associations of premenstrual symptoms with daily rumination and perceived stress and the moderating effects of mindfulness facets on symptom cyclicity in Premenstrual Syndrome. *Archives of Women's Mental Health*, 26(2), 167-176. <https://doi.org/10.1007/s00737-023-01304-5>
8. **Nayman, S.**, Beddig, T., Reinhard, I., & Kuehner, C. (2023). Effects of cognitive emotion regulation strategies on mood and cortisol in daily life in women with premenstrual dysphoric disorder. *Psychological Medicine*, 53(11), 5342-5352. <https://doi.org/10.1017/S0033291722002495>
9. Schricker, I. F., **Nayman, S.**, Reinhard, I., & Kuehner, C. (2023). Reactivity toward daily events: Intraindividual variability and change in recurrent depression—A measurement burst study. *Behaviour Research and Therapy*, 168, Article 104383, 1-10. <https://doi.org/10.1016/j.brat.2023.104383>.
10. Schricker, I. F., **Nayman, S.**, Reinhard, I., & Kuehner, C. (2023). Trait and state effects of different modes of thinking on salivary cortisol in daily life in patients with recurrent major depression and healthy individuals. *Psychoneuroendocrinology*, 155, Article 106307, 1-8. <https://doi.org/10.1016/j.psyneuen.2023.106307>
11. Van Bogart, K., Johnson, J., **Nayman, S.**, Nobel, J., & Smyth, J. (2023). Iterative design, feasibility, and preliminary efficacy testing for the development of a cooperative card game intervention to reduce loneliness and foster social connection. *Games for Health*, 12(5), 377-384. <http://doi.org/10.1089/g4h.2022.0245>
12. Kuehner, C., Schricker, I. F., **Nayman, S.**, Reinhard, I., Zamoscik, V., Kirsch, P., & Huffziger, S. (2023). Effects of rumination and mindful self-focus inductions during daily life in patients with remitted depression—an experimental ambulatory assessment study. *Behavior Therapy*, 54(5), 902-915. <https://doi.org/10.1016/j.beth.2023.04.002>
13. Lautenbach, F., **Nayman, S.**, Brüllner, S., Zajonz, P., Platen, P., Legerlotz, K & Reichert, M. (2023). Der weibliche Zyklus aus Sportpsychologischer Sicht: Erklärungen und Handlungsempfehlungen. *Leistungssport*, 53(2), 49-52.
14. **Nayman, S.**, Schricker, I. F., & Kühner, C. (2022). Die Prämenstruelle Dysphorische Störung (PMDS): Eine neue Diagnose in der ICD-11. *Psychotherapeutenjournal*, 2, 138-147.
15. Schricker, I. F., **Nayman, S.**, Reinhard, I., & Kuehner, C. (2022). Reciprocal prospective effects of momentary cognitions and affect in daily life and mood-reactivity toward daily events in remitted recurrent depression. *Behavior Therapy*, 54(2), 274-289. <https://doi.org/10.1016/j.beth.2022.09.001>
16. Kuehner, C., & **Nayman, S.** (2021). Premenstrual exacerbations of mood disorders: findings and knowledge gaps. *Current Psychiatry Reports*, 23(11), 1-11. <https://doi.org/10.1007/s11920-021-01286-0>

17. **Nayman*, S.**, Jones*, E. J., Smyth, J. M., & Schreier, H. M. (2021). Associations of childhood and adult adversity with daily experiences in adulthood. *Stress and Health*, 38(2), 318-329. <https://doi.org/10.1002/smi.3090>
*shared first authors
18. Kühner, C., Schricker, I. F., & **Nayman, S.** (2021). Depressive Störungen in der ICD-11: Was bleibt, was ist neu. *Psychotherapeutenjournal*, 4, 330-338.
19. Schreier, H. M., Jones, E. J., **Nayman, S.**, & Smyth, J. M. (2019). Associations between adverse childhood family environments and blood pressure differ between men and women. *PLoS one*, 14(12), Article e0225544, 1-11. <https://doi.org/10.1371/journal.pone.0225544>

Book chapters

20. **Nayman, S.** & Kuehner, C. (2024). Premenstrual Dysphoric Disorder and Rumination. In C. R. Martin, V. B. Patel, V. R. Preedy and R. Rajendram (Eds.), *Handbook of the Behavior and Psychology of Disease*. Springer Nature. https://doi.org/10.1007/978-3-031-32046-0_100-1

Under review

21. Hoffmann, S., Reinhard, I., Mühle, C., Bach, P., Wenger, L., Reichert, D., Boroumand-Jazi, R., **Nayman, S.**, ... & Lenz, B. (under review). Menstrual Cycle and Progesterone-to-Estradiol Ratio are Related to Loss of Control Drinking and Craving in Females and Males with Alcohol Use Disorder.