

Personal Details

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Professional Background and Development

since 01/2022 Adjunct Professor (außerplanmäßige Professorin), Heidelberg University
 since 10/2021 Research Coordinator
 since 04/2015 Head of the Research Group "Emotion Regulation and Social Cognition"
 05/2018 Permanent employment contract, Central Institute of Mental Health
 02/2018 Post-doctoral degree (Habilitation), Medical Faculty Mannheim, Heidelberg University; venia legendi for Experimental Psychopathology and Psychotherapy
 05/2017 Trainer for Dialectical Behavior Therapy (DBT)
 11/2016 Therapist for Dialectical Behavior Therapy (DBT)
 10/2016 Therapist for psychotrauma therapy (DeGPT)
 03/2014 Licensed Psychological Psychotherapist (Behavior Therapy)
 08/2013 Dr. sc. hum., Heidelberg University; thesis: "Emotion Regulation and Pain in Borderline Personality Disorder"
 07/2007-10/2014 Research Associate, Department of Psychosomatic and Psychotherapeutic Medicine, Central Institute of Mental Health
 05/2007 Diploma in Psychology, University of Bonn

Supplementary Career Information

Two children, born 10/2014 and 03/2019 (academic age: 11 years; PhD: 2013; subtracted years: 2).

Research Grants

07/2024-06/2026 Health + Life Science Alliance Heidelberg Mannheim Stimulator Grant: Brain-gut interaction in patients with stress-associated mental disorders (40.000 EUR).
 03/2020-08/2025 DFG NI 1591/1-2: Negativity bias in social information processing in patients with personality disorder (214.000 EUR).
 03/2020-08/2025 DFG NI 1591/1-2 supplemental grant for refugee researchers (98.000 EUR).
 03/2020-06/2025 DFG NI 1591/4-1: Psychophysics of functional neurological symptoms and the role of emotion regulation in their development (138.000 EUR).
 04/2018-12/2024 Individual Project B1, DFG GRK2350: Impact of Adverse Childhood Experiences on Psychosocial and Somatic Conditions Across the Lifespan (40.000 EUR; plus doctoral position within the Research Training Group).
 06/2016-05/2019 Young Researchers Award (CIMH Mannheim): Ecological momentary assessment of antecedents and consequences of non-suicidal self-injury (135.000 EUR).
 07/2014-03/2020 DFG NI 1591/1-1: Negativity bias in social information processing in patients with borderline personality disorder (224.000 EUR).

Awards

2021: Early Career Contribution Award, International Society for the Study of Personality Disorders (ISSPD)
 2016: Young Researchers Award, Central Institute of Mental Health (CIMH)
 2012: Young Researchers Award, European Society for the Study of Personality Disorders (ESSPD)

Research Interests

Emotion (dys-)regulation, social cognition (emotion recognition, empathy, memory, trust, first impressions and cooperative behavior), and interpersonal processes in stress- and trauma-related disorders, borderline personality disorder, functional neurological disorder, non-suicidal self-injury, and after childhood maltreatment; experimental psychopathology, ambulatory assessment / EMA, psychophysiology, endocrinological markers, fMRI, eye-tracking, open science, and stress-associated psychosomatic symptoms including brain-gut interaction.

Teaching and Supervision

Teaching in the Mannheim Reformed Curriculum Medicine (MaReCuM / MaReCuMPlus), including the Psychosomatics lecture series and bedside teaching; seminars on communication, motivation and behavior change; Good Scientific Practice, Open Science and Project Planning in the DFG Research Training Group GRK2350; Psychiatry lecture series in the B.Sc. Psychology program at the University of Mannheim.

Mentor in DFG GRK2350 and KFO256. Completed doctoral supervisions include Johanna Hepp (2019, summa cum laude), Lisa Störkel (2023, summa cum laude), Sara Schmitz (2024, magna cum laude), Andreas Schulze (2022), Cornelia Vogelpohl (2024), Julia Werner (2024), and Marie Hofmann (2026). Ongoing supervision includes Carina Rose and Jeanne-Carla Sprenger as well as Bachelor and Master theses.

Research Quality Indicators (www.resque.info; selected best 10 studies since 2020)

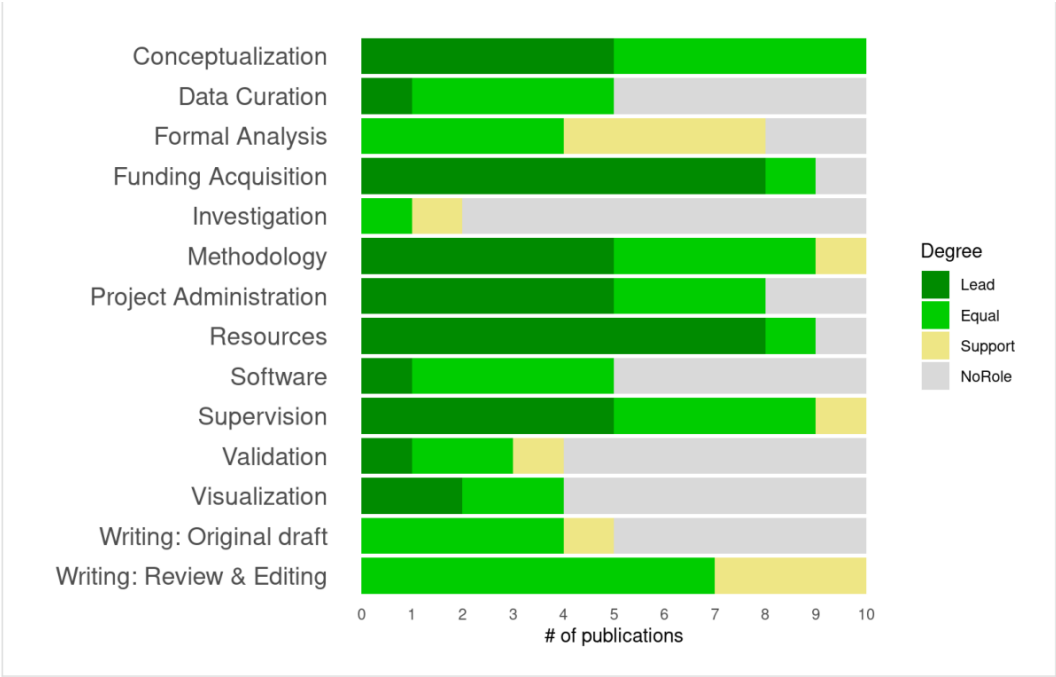


Figure 1. CRediT contributorship profile across the ten selected RESQUE studies.

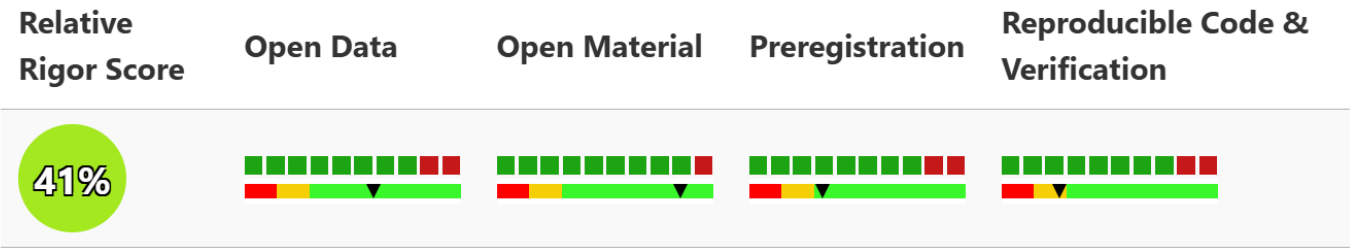


Figure 2. Relative Rigor Score¹ of the ten selected RESQUE studies.

¹ The RESQUE indicators cover current best practices, which often are not yet used broadly. Norm values for the overall rigor score, based on some first evaluation studies are: 10-20% can be considered average, 30% is very good, >40% is excellent.

Bibliometrics and Publication Profile (Google Scholar metrics retrieved 07/2026)

Indicator	Total	since 2021
Citations	4697	2589
h-index	30	28
i10-index	44	41
Peer-reviewed publications	57	21
Publications: original articles / other peer-reviewed	50 / 7	17 / 4

List of Publications

- Niedtfeld I, Kolar née Hofmann M, Hepp J, Schmitz SE, Steinmann S, Witt S (2026). Experiences in close relationships, interpersonal trust and OXTR expression in individuals with childhood maltreatment. *Borderline Personality Disorder and Emotion Dysregulation*, 13(1), 9. <https://doi.org/10.1186/s40479-026-00340-8>
- Sicorello M, Sprenger JC, Störkel LM, Sarg B, Kremser L, Schmahl C, Niedtfeld I, Karabatsiakakis A (2026). Demonstrating the potential of untargeted hair proteomics for personalized biomarkers in stress-associated disorders. *Psychoneuroendocrinology*, 184, 107684. <https://doi.org/10.1016/j.psyneuen.2025.107684>
- Spohrs J, Abler B, Chiocchetti AG, Ebner-Priemer U, Fegert JM, Höper S, In-Albon T, Kaess M, Koelch M, Koenig E, Koenig J, Kraus L, Michelsen A, Niedtfeld I, Plener PL, Nickel S, Santangelo P, Sachser C, Schmahl C, Sicorello M, Sittenberger E, van der Venne P, Witt A, Grön G, Ulrich M, Reichl MR (2026). Frequency of bullying modulates amygdala response during social exclusion in participants with non-suicidal self-injury. *European Child & Adolescent Psychiatry*, 35, 1521–1531. <https://doi.org/10.1007/s00787-025-02940-1>
- Nayman S, Niedtfeld I, Lenz B, Karabatsiakakis A, Schmahl C, Kühner C (2025). Menstrual cycle dynamics in mental health demand new approaches in psychotherapy and digital health. *Psychotherapy and Psychosomatics*, 95 (3): 250–252. <https://doi.org/10.1159/000548508>
- Niedtfeld I, Schmitz SE, Langenstein M, Hepp J (2025). Intra- and interpersonal emotion regulation are altered in individuals with childhood maltreatment: cross-sectional associations and effects on daily life mood. *Borderline Personality Disorder and Emotion Dysregulation*, 12(1), 23. <https://doi.org/10.1186/s40479-025-00297-0>
- Hautle LL, Kurath J, Jellestad L, Lüönd AM, Wingenbach TSH, Frühholz S, Jansson B, Niedtfeld I, Pfaltz MC (2023). Individuals with and without child maltreatment experiences are evaluated similarly and do not differ in facial affect display at zero- and first-acquaintance. *Borderline Personality Disorder and Emotion Dysregulation*, 10(1), 17. <https://doi.org/10.1186/s40479-023-00222-3>
- Hepp J, Niedtfeld I, Schulze L (2023). Experimental paradigms in personality disorder research: A review of covered RDoC constructs, methodological issues, and future directions. *Personality Disorders: Theory, Research, and Treatment*, 14(1), 50-61. <https://doi.org/10.1037/per0000588>
- Schmitz SE, Niedtfeld I, Lane SP, Seitz KI, Hepp J (2023). Negative affect provides a context for increased distrust in the daily lives of individuals with a history of childhood maltreatment. *Journal of Traumatic Stress*, 36(4), 808-819. <https://doi.org/10.1002/jts.22951>
- Störkel LM, Niedtfeld I, Schmahl C, Hepp J (2023). Does self-harm have the desired effect? Comparing non-suicidal self-injury to high-urge moments in an ambulatory assessment design. *Behaviour Research and Therapy*, 162, 104273. <https://doi.org/10.1016/j.brat.2023.104273>
- Bertele N, Talmon A, Gross JJ, Schmahl C, Schmitz M, Niedtfeld I (2022). Childhood Maltreatment and Borderline Personality Disorder: The Mediating Role of Difficulties with Emotion Regulation. *Journal of Personality Disorders*, 36(3), 264-276. <https://doi.org/10.1521/pedi.2022.36.3.264>
- Grimm S, Keicher C, Paret C, Niedtfeld I, Beckmann C, Mennes M, Just S, Sharma V, Fuertig R, Herich L, Mack S, Thamer C, Schultheis C, Weigand A, Schmahl C, Wunder A (2022). The effects of transient receptor potential cation channel inhibition by BI 1358894 on cortico-limbic brain reactivity to negative emotional stimuli in major depressive disorder. *European Neuropsychopharmacology*, 65, 44-51. <https://doi.org/10.1016/j.euroneuro.2022.10.009>

- Hepp J, Mohr MRM, Niedtfeld I (2022). Maladaptive personality traits as predictors of prosocial and trusting behavior in two economic games. *Borderline Personality Disorder and Emotion Dysregulation*, 9(1), 32. <https://doi.org/10.1186/s40479-022-00201-0>
- Hepp J, Niedtfeld I (2022). Prosociality in personality disorders: Status quo and research agenda. *Current Opinion in Psychology*, 44, 208-214. <https://doi.org/10.1016/j.copsyc.2021.09.013>
- Hepp J, Kieslich PJ, Schmitz M, Schmahl C, Niedtfeld I (2021). Negativity on two sides: Individuals with borderline personality disorder form negative first impressions of others and are perceived negatively by them. *Personality Disorders: Theory, Research, and Treatment*, 12(6), 514-525. <https://doi.org/10.1037/per0000412>
- Hepp J, Kieslich PJ, Wycoff AM, Bertsch K, Schmahl C, Niedtfeld I (2021). Mouse-tracking reveals cognitive conflict during negative impression formation in women with Borderline Personality Disorder or Social Anxiety Disorder. *PLoS One*, 16(3), e0247955. <https://doi.org/10.1371/journal.pone.0247955>
- Hepp J, Schmitz SE, Urbild J, Zauner K, Niedtfeld I (2021). Childhood maltreatment is associated with distrust and negatively biased emotion processing. *Borderline Personality Disorder and Emotion Dysregulation*, 8(1), 5. <https://doi.org/10.1186/s40479-020-00143-5>
- Hepp J, Störkel LM, Wycoff AM, Freeman LK, Schmahl C, Niedtfeld I (2021). A test of the interpersonal function of non-suicidal self-injury in daily life. *Behaviour Research and Therapy*, 144, 103930. <https://doi.org/10.1016/j.brat.2021.103930>
- Paret C, Niedtfeld I, Lotter T, Wunder A, Grimm S, Mennes M, Okell T, Beckmann C, Schmahl C (2021). Single-dose effects of Citalopram on neural responses to affective stimuli in borderline personality disorder: A randomized clinical trial. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 6(8), 837-845. <https://doi.org/10.1016/j.bpsc.2021.02.002>
- Schmitz SE, Hepp J, Lane SP, Niedtfeld I (2021). The effect of momentary mood on appraisal of facial affect and distrust: An experimental approach using ambulatory assessment. *Cognition and Emotion*, 35(7), 1423-1430. <https://doi.org/10.1080/02699931.2021.1952933>
- Sicorello M, Herzog J, Wager TD, Ende G, Müller-Engelmann M, Herpertz SC, Bohus M, Schmahl C, Paret C, Niedtfeld I (2021). Affective neural signatures do not distinguish women with emotion dysregulation from healthy controls: A mega-analysis across three task-based fMRI studies. *NeuroImage: Reports*, 1(2), 100019. <https://doi.org/10.1016/j.nirp.2021.100019>
- Störkel LM, Karabatsiakakis A, Hepp J, Kolassa IT, Schmahl C, Niedtfeld I (2021). Salivary beta-endorphin in nonsuicidal self-injury: an ambulatory assessment study. *Neuropsychopharmacology*, 46(7), 1357-1363. <https://doi.org/10.1038/s41386-020-00914-2>
- Hepp J, Carpenter RW, Störkel LM, Schmitz SE, Schmahl C, Niedtfeld I (2020). A systematic review of daily life studies on non-suicidal self-injury based on the four-function model. *Clinical Psychology Review*, 82, 101888. <https://doi.org/10.1016/j.cpr.2020.101888>
- Niedtfeld I, Kroneisen M (2020). Impaired memory for cooperative interaction partners in borderline personality disorder. *Borderline Personality Disorder and Emotion Dysregulation*, 7, 22. <https://doi.org/10.1186/s40479-020-00137-3>
- Niedtfeld I, Renkewitz F, Mädebach A, Hillmann K, Kleindienst N, Schmahl C, Schulze L (2020). Enhanced memory for negative social information in borderline personality disorder. *Journal of Abnormal Psychology*, 129(5), 480-491. <https://doi.org/10.1037/abn0000540>
- Hepp J, Gebhardt S, Kieslich PJ, Störkel LM, Niedtfeld I (2019). Low positive affect display mediates the association between borderline personality disorder and negative evaluations at zero acquaintance. *Borderline Personality Disorder and Emotion Dysregulation*, 6, 4. <https://doi.org/10.1186/s40479-019-0103-6>
- Herzog JI, Niedtfeld I, Rausch S, Thome J, Mueller-Engelmann M, Steil R, Priebe K, Bohus M, Schmahl C (2019). Increased recruitment of cognitive control in the presence of traumatic stimuli in complex PTSD. *European Archives of Psychiatry and Clinical Neuroscience*, 269(2), 147-159. <https://doi.org/10.1007/s00406-017-0822-x>
- Kaess, M., Koenig, J., Bauer, S., Moessner, M., Fischer-Waldschmidt, G., Mattern, M., ... Niedtfeld, I., ... & STAR Consortium. (2019). Self-injury: Treatment, Assessment, Recovery (STAR): online intervention for adolescent

- non-suicidal self-injury-study protocol for a randomized controlled trial. *Trials*, 20(1), 425.
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- Schulze L, Schulze A, Renneberg B, Schmahl C, Niedtfeld I (2019). Neural correlates of affective disturbances: A comparative meta-analysis of negative affect processing in borderline personality disorder, major depressive disorder, and posttraumatic stress disorder. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 4(3), 220-232. <https://doi.org/10.1016/j.bpsc.2018.11.004>
- Schmitgen MM, Niedtfeld I, Schmitt R, Mancke F, Winter D, Schmahl C, Herpertz SC (2019). Individualized treatment response prediction of dialectical behavior therapy for borderline personality disorder using multimodal magnetic resonance imaging. *Brain and Behavior*, 9(9), e01384.
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- Hepp J, Störkel LM, Kieslich PJ, Schmahl C, Niedtfeld I (2018). Negative evaluation of individuals with borderline personality disorder at zero acquaintance. *Behaviour Research and Therapy*, 111, 84-91.
<https://doi.org/10.1016/j.brat.2018.09.009>
- Schmahl C, Niedtfeld I, Herpertz SC (2018). Borderline-Persönlichkeitsstörung: Veränderung der Hirnstruktur und -funktion durch Psychotherapie [Borderline personality: Alterations to brain structure and function through psychotherapy]. *Der Nervenarzt*, 89(11), 1232-1236. <https://doi.org/10.1007/s00115-018-0587-0>
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- Niedtfeld I (2017). Experimental investigation of cognitive and affective empathy in borderline personality disorder: Effects of ambiguity in multimodal social information processing. *Psychiatry Research*, 253, 58-63.
<https://doi.org/10.1016/j.psychres.2017.03.037>
- Niedtfeld I, Defiebre N, Regenbogen C, Mier D, Fenske S, Kirsch P, Lis S, Schmahl C (2017). Facing the problem: Impaired emotion recognition during multimodal social information processing in borderline personality disorder. *Journal of Personality Disorders*, 31(2), 273-288. <https://doi.org/10.1521/pedi.2016.30.248>
- Niedtfeld I, Schmitt R, Winter D, Bohus M, Schmahl C, Herpertz SC (2017). Pain-mediated affect regulation is reduced after dialectical behavior therapy in borderline personality disorder: A longitudinal fMRI study. *Social Cognitive and Affective Neuroscience*, 12(5), 739-747. <https://doi.org/10.1093/scan/nsw183>
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- Schulze L, Schmahl C, Niedtfeld I (2016). Neural correlates of disturbed emotion processing in borderline personality disorder: A multimodal meta-analysis. *Biological Psychiatry*, 79(2), 97-106.
<https://doi.org/10.1016/j.biopsych.2015.03.027>
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- mechanisms of self-injurious behaviour. *British Journal of Psychiatry*, 207(2), 165-172.
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- Hepp J, Hilbig BE, Moshagen M, Zettler I, Schmahl C, Niedtfeld I (2014). Active versus reactive cooperativeness in borderline psychopathology: A dissection based on the HEXACO model of personality. *Personality and Individual Differences*, 56, 19-23. <https://doi.org/10.1016/j.paid.2013.08.013>
- Krause-Utz A, Elzinga BM, Oei NY, Paret C, Niedtfeld I, Spinhoven P, Bohus M, Schmahl C (2014). Amygdala and dorsal anterior cingulate connectivity during an emotional working memory task in borderline personality disorder patients with interpersonal trauma history. *Frontiers in Human Neuroscience*, 8, 848.
<https://doi.org/10.3389/fnhum.2014.00848>
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