Anja Hilbert, PhD

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Education

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| 2009 | Supervisor in cognitive-behavioral therapy |
| 2007 | Habilitation (tenure track qualification) in Psychology, specifically Clinical Psychology and Psychotherapy, University of Marburg |
| 2004 | Board certification as cognitive-behavioral therapist |
| 2000 | PhD in Clinical Psychology, University of Marburg |
| 1996 | Diploma in Psychology, University of Marburg |

Academic Appointments

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| Since 2011 | Professor of Behavioral Medicine, University of Leipzig Medical Center; Behavioral Director of the Obesity Outpatient Unit |
| 2012-2020 | Scientific Vice-Director and Research Director of the Obesity Study Center, Integrated Research and Treatment Center AdiposityDiseases, funded by the German Federal Ministry of Education and Research (BMBF), University of Leipzig Medical Center |
| 2010-2011 | Professor of Clinical Psychology and Psychotherapy, University of Fribourg, Switzerland |
| 2005-2009 | Leader of the Junior Researchers Group Psychosocial, Ethical, and Legal Consequences of Genetic Research on Obesity, funded by the BMBF, University of Marburg |
| 2004-2005 | Assistant Professor of Clinical Psychology and Psychotherapy, University of Bielefeld |
| 2003-2004 | Research associate, Washington University in St. Louis, MO, USA |
| 2000-2002 | Postdoctoral researcher in a research project on binge-eating disorder, funded by the German Research Foundation (DFG), Universities of Marburg and Siegen |
| 1999-2000 | PhD grant of the Protestant Study Foundation Villigst |
| 1996-1999 | Doctoral researcher in a research project on bulimia nervosa and binge-eating disorder, funded by the DFG, University of Marburg |

Scientific Activities, Honors, Awards

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| 2023 | Top-rated abstract, 29th Annual Meeting of the EDRS, Boston, USA |
| Since 2022 | PI of the German Center for Child and Adolescent Health |
| Since 2021 | Academy of Eating Disorders’ Ethics Committee |
| Since 2020 | Leader of the revision of the evidence-based S3 guideline “Prevention and Treatment of Obesity,“ stigma section |
| Since 2019 | World Federation of Societies of Biological Psychiatry Task Force for the Revision of Pharmacological Treatment Guidelines for Eating Disorders |
| 2016 | Top-rated abstract, 22nd Annual Meeting of the EDRS, New York, USA |
| 2015-2019 | Leader of the revision of the evidence-based S3 guideline “Diagnosis and Treatment of Eating Disorders,“ binge-eating disorder section |
| 2015-2020 | President and Past President, Eating Disorders Research Society (EDRS) |
| 2013 | Christina Barz Research Award |
| 2012-2018 | Treasurer, German Society of Behavioral Medicine and Behavioral Modification (DGVM) |
| 2010-2015 | President and Vice-President, German Society of Eating Disorders (DGESS) |
| Editor: | International Journal of Eating Disorders (Associate Editor); Obesity Facts (Associate Editor); Nutrients (Guest Editor)  Psychotherapeut (Former Associate Editor) |
| Boards: | European Eating Disorders Review; Psychotherapie Psycho­somatik Medizinische Psychologie; Adipositas |

Third-party Funding

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| 2022-2025 | Noradrenergic Control in Human Binge-Eating Disorder and Obesity(NOBEAD);DFG HI 1111/13-1 |
| 2021-2024 | Smartphone-supported Behavioral Weight Loss Treatment in Adults with Severe Obesity (SmartBWL); BMBF 01KG2027 |
| 2020-2022 | Smartphone-supported Cognitive Beha­vior Therapy for Binge-Eating Disorder (SmartCBT); Roland Ernst Foundation 3/19 |
| 2018-2022 | Children with Rare Diseases (CARE-FAM-NET); Innovation Fund G-BA NVF1\_2017-041 |
| 2017-2020 | Near Infrared Spectroscopy Neurofeedback for Binge-Eating Disorder (NIRSBED); BMBF 01EO1501 K7-103 |
| 2015-2020 | Longitudinal Psychosocial Assessment in Bariatric Surgery – Extension (PRAC); BMBF 01EO1501 K7-90 |
| 2015-2018 | Cognitive Remediation Therapy in Adults with Obesity (CRT); BMBF 01EO1501 K7-89 |
| 2015-2016 | Neurofeedback in the Treatment of Eating Addiction; Institut Danone e.V. 015/2 |
| 2014 | Childhood Eating and Food Intake Disorders; European Union/European Social Fund Leipzig Research Center for Civi­lization Diseases; LIFE-206-Function 6 |
| 2013-2015 | Social Facilitation Maintenance Treatment for Adults with Obesity (SFM); BMBF 01EO1501 K7-62 |
| 2011-2015 | Longitudinal Psychosocial Assessment in Bariatric Surgery (PRAC); BMBF 01EO1501 K7-25 |
| 2011-2015 | Treatment of Binge Eating Disorder in Adolescents (BEDA); BMBF 01EO1501 K7-16 |
| 2011-2014 | Binge Eating Disorder in Childhood (SUN); Swiss National Science Foundation 100014\_132045 / 1 |
| 2010-2013 | Internet-based Guided Self-Help for Overweight and Obese Patients with Binge Eating Disorder (INTERBED); BMBF 01GV0601 |
| 2005-2010 | Psychopathology of Binge Eating Disorder in Childhood (ERBSE); DFG HI 1111/1-1 - 3 |

For publications, please see [Pubmed](https://pubmed.ncbi.nlm.nih.gov/?term=Hilbert+A+%5Bauthor%5D)

For a full CV, please contact [Prof. Hilbert](mailto:anja.hilbert@medizin.uni-leipzig.de)