

Anja Hilbert, PhD

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Education

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

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 Adiposity Diseases, 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

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 (DGEES)

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

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](#)

For a full CV, please contact [Prof. Hilbert](#)