

# CURRICULUM VITAE

## **Anna Brytek-Matera**

Professor

University of Wrocław  
Institute of Psychology  
Dawida 1  
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Poland

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## EDUCATION

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- December 2021      **Professor of Medical and Health Sciences**  
The title (Titular Professor) awarded by the President of the Republic of Poland
- May 2016            **Habilitation**  
SWPS University of Social Sciences and Humanities, Wrocław, Poland
- January 2008        **Qualification Function of *Maître de Conférences*** - Conseil National des Universités (CNU), Ministère de l'Éducation Nationale, de l'Enseignement Supérieur et de la Recherche, Paris, France  
Number of qualification: 08216167227  
Discipline: Psychology, Clinical Psychology, Social Psychology
- December 2005     **Doctor of Philosophy in Psychology (Cotutelle Polish-French)**  
*The contribution of models of behavioural self-regulation to the understanding of eating disorders. Intercultural perspectives*  
Specialization: Clinical psychology, health psychology  
University of Silesia, Katowice, Poland
- September 2005    **Doctor of Philosophy in Psychology (Cotutelle Polish-French)**  
*Contribution des modèles sur l'autorégulation du comportement dans la compréhension des troubles alimentaires. Perspectives interculturelles*  
Specialization: Health psychology  
University Paul Verlaine-Metz, France (currently: Université de Lorraine)  
The dissertation was univocally assessed by the international jury as *très honorable avec félicitations (Summa Cum Laude, with highest honours)*
- June 2002            **Master of Arts in Psychology (Clinical Psychology)**  
*Choice or trap? Psychosocial conditions of anorexia nervosa.*  
Faculty of Pedagogy and Psychology, University of Silesia, Katowice  
Mark: Very good. Graduate with distinction

- June 2001                   **Master of Arts in Culturology (Filmology)**  
*Adaptation of the literary work in the audiovisual culture. The case of*  
*« Notre Dame de Paris » by Victor Hugo*  
 Philological Faculty, University of Silesia, Katowice  
 Mark: Good
- June 1997                   **Maturity certificate / baccalaureate**  
 Mikolaj Kopernik General Education Secondary School, Katowice

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## PROFESSIONAL POSITIONS

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### ACADEMIC WORK EXPERIENCE

- October-  
December 2024           **Visiting Researcher at The University of Tokyo Hospital**  
**Department of Psychosomatic Medicine**  
**and The University of Tokyo**  
**Department of Stress Sciences and Psychosomatic Medicine,**  
**Graduate School of Medicine**
- July-  
October 2022           **Visiting Professor at Western Sydney University**  
**Translational Health Research Institute, School of Medicine**
- January 2022 –           **Professor, Ph.D.**  
**Head of Nutritional Psychology Unit**  
**Head of Eating Behavior Laboratory (EAT Lab)**  
 Institute of Psychology, University of Wroclaw
- October-  
November 2021       **Visiting Researcher at the University of Bordeaux**  
**Laboratory of Psychology**
- October 2021 –       **Head of Postgraduate studies in the field of Psychodietetics**  
 Institute of Psychology, University of Wroclaw
- 2019-2021           **Associate Professor, Ph.D.**  
**Head of Nutritional Psychology Unit**  
**Head of Eating Behavior Laboratory (EAT Lab)**  
 Institute of Psychology, University of Wroclaw
- 2019-2020           **Head of Postgraduate studies in the field of Psychodietetics**  
 Katowice Faculty of Psychology, SWPS University of Social Sciences and  
 Humanities
- 2017-2019           **Head of Department of Clinical and Health Psychology**  
**Head of Eating behavior and physical ActiviTy Laboratory (EAT Lab)**  
**Head of Postgraduate studies in the field of Psychodietetics**  
 Katowice Faculty of Psychology, SWPS University of Social Sciences and  
 Humanities
- 2016-2019           **Associate Professor, Ph.D.**  
 Katowice Faculty of Psychology, SWPS University of Social Sciences and  
 Humanities

2011-2016	<b>Assistant Professor, Ph.D.</b> Katowice Faculty of Psychology, SWPS University of Social Sciences and Humanities
2006-2011	<b>Assistant Professor, Ph.D.</b> Institute of Psychology, University of Silesia, Katowice
2004-2005	<i>Agent Temporaire Vacataire (ATV)</i> Department of Psychology, Health Psychology Laboratory, University Paul Verlaine-Metz, France
2003-2005	<b>Assistant lecturer, MA</b> Institute of Psychology, University of Silesia, Katowice

### **COGNITIVE BEHAVIOURAL THERAPY WORK EXPERIENCE**

2023 –	Cognitive behavioural therapy (CBT) for eating disorders The Professor Anna Brytek-Matera Eating Disorder Treatment Centre, Katowice
2016-2022	CBT for eating disorders and obesity Private Eating Disorders Treatment Centre, Katowice
2013-2016	CBT for eating disorders and obesity TRAF-MED Private One-day Clinic, Katowice

### **AWARDS, SCHOLARSHIPS**

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May 2024	<b>Laureate of the Walczak Programme awarded by the Polish National Agency for Academic Exchange</b> (out of 137 candidates 40 were granted a scholarship)
November 2023	<b>Rector's Award at the University of Wroclaw for scientific activities</b>
January 2023	<b>Laureate of Teaching Internship Programme University of Padova, Italy</b>
February 2022	<b>Award of the Minister of Education and Science for significant achievements in the field of didactic</b>
December 2021	<b>Laureate of the Bekker Programme awarded by the Polish National Agency for Academic Exchange</b> (out of 507 candidates 176 were granted a scholarship)
November 2021	<b>Rector's Award at the University of Wroclaw for scientific activities</b>
May 2021	<b>Scholarship awarded by the Fondation Maison des Sciences de l'Homme within the DEA Programme (Directeurs d'Études Associés / Associate Research Directors)</b>
October 2020	<b>Rector's Award at the University of Wroclaw for didactic and organizational activities</b>
October 2018	<b>Dean's Award at the University of Social Sciences and Humanities for scientific activities</b>

- October 2017 **Dean's Award at the University of Social Sciences and Humanities for particular contribution to Katowice Faculty of Psychology development**
- January 2017 **Bursary – *The 13<sup>th</sup> London International Eating Disorders Conference.***  
British Journal of Hospital Medicine and MA Healthcare Limited
- October 2016 **Rector's Award at the SWPS University of Social Sciences and Humanities for scientific activities**
- March 2016 **The Erasmus+ grant for Staff Mobility for Teaching Assignments**  
University of Nantes, France
- January 2015 **Bursary – *The 12<sup>th</sup> London International Eating Disorders Conference.***  
MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede service for eating disorders, London
- October 2014 **Rector's Award at the University of Social Sciences and Humanities for scientific activities**
- October 2013 **Rector's Award at the University of Social Sciences and Humanities for scientific activities**
- October 2013 **Dean's Award at the University of Social Sciences and Humanities (Campus in Katowice) for teaching methods**
- March 2013 **Winner of the competition that appointed the outstanding young Polish scientists whose profiles were presented in the bilingual publication of Young Scientists**  
The organizer and the executor of the project, co-financed by the European Union within the European Social Fund, was the Boleslaw Markowski Higher School of Commerce in Kielce
- December 2012 **Bursary – *The 11<sup>th</sup> London International Eating Disorders Conference.***  
MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede service for eating disorders, London
- October 2012 **Laureate of the "Mentoring" Programme awarded by the Foundation for Polish Science**
- October 2012 **Winner of the competition that appointed twelve outstanding young Polish scientists whose profiles were presented in the Calendar of Young Scientists (for year 2013)**  
The organizer and the executor of the project, co-financed by the European Union within the European Social Fund, was the University of Rzeszow
- April 2011 **Stipend "START" for young researchers awarded by the Foundation for Polish Science (out of 1 026 candidates 128 were granted a scholarship)**
- October 2011 **Winner of the competition that appointed twelve outstanding young Polish scientists whose profiles were presented in the Calendar of Young Scientists (for year 2012)**  
The organizer and the executor of the project, co-financed by the European Union within the European Social Fund, was the University of Rzeszow
- January 2011 **Bursary – *The 10<sup>th</sup> London International Eating Disorders Conference.***  
MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede Centre for Eating Disorders, London

October 2010	<b>Rector's Distinction the University of Silesia for outstanding academic achievements</b>
June 2009	<b>Grant for young researchers</b> – <i>The Fourth Statistical Days at the University of Luxembourg</i> - International Scientific Conference. Luxembourg School of Finance of the Faculty for Law, Economics and Finance in collaboration with Clinical Psychology and Health Psychology, and Art Therapy of the Fondation Françoise-Elisabeth, Luxembourg
October 2008	<b>Rector's Award at the University of Silesia for scientific and research activities</b>
July 2007	<b>Grant for young researchers</b> – <i>The third Statistical Days at the University of Luxembourg</i> - International Scientific Conference. Applied Mathematics Unit of the Faculty for Law, Economics and Finance in collaboration with Laboratory of Clinical Psychology and Health Psychology, Public Research Centre for Health (CPR-Santé), Luxembourg
July 2007	<b>Scholarship for young scientists</b> – <i>The 10<sup>th</sup> European Congress of Psychology</i> . Congress Assistance Program (CAPF), European Federation of Psychologists' Associations and Federation of Swiss Psychologists
October 2006	<b>Rector's Award at the University of Silesia for a distinguished doctoral dissertation</b>
2002-2005	<b>French Government PhD scholarship (Cotutelle)</b>

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### FUNDED RESEARCH PROJECTS

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#### PRINCIPAL INVESTIGATOR

2019-2022	<i>Impact of negative affect on eating behavior: verification of two potential pathways in laboratory and ecological settings</i> National Science Center (NCN), Poland HARMONIA 10 (grant no. 2018/30/M/HS6/00022)
2018-2019	<i>Objective measurement of physical activity and sleep in natural settings</i> Fund for the Development of Scientific Research, SWPS University of Social Sciences and Humanities, Warsaw
2018-2019	<i>The Multicenter Orthorexia Nervosa Assessment Project (MONAP): a prospective study of dietary patterns and lifestyle</i> Funds from Ministry of Science and Higher Education, Poland (grant no. 1566 BST/WZK/2018/A/01)
2017-2018	<i>Assessment of rumination and eating behaviors in daily life among individuals with differential food preferences: a pilot study</i> National Science Center (NCN) in Poland MINIATURA 1 (grant no. 2017/01/X/HS6/00007)
2017-2018	<i>Use of accelerometers and body composition analyzer to monitor daily physical activity and body parameters</i> (grant no. 5/2017/FRBN) Fund for the Development of Scientific Research, SWPS University of Social Sciences and Humanities, Warsaw

- 2017-2018 *Physical activity, eating behaviours and cognitive emotion regulation among people with healthy weight range: experimental research in the natural environment*  
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2016-2017 *Ruminations, inhibition and emotion regulation among patients with obesity (grant no. BW/WZK/2016/2)*  
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2015-2016 *Assessment of eating behaviour: the structure validity of the Three-Factor Eating Questionnaire-R18 in obese and normal-weight individuals (grant no. 1/2015/WZK)*  
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2008-2009 *Determinants of body dissatisfaction and their interdependences among women with eating disorders and obesity.*  
Institute of Psychology, University of Silesia, Department Competition
- 2007-2008 *The role of body image in women's life. Personal and social factors influencing body image.*  
Institute of Psychology, University of Silesia, Department Competition
- 2007-2008 *Application of art therapies to some crucial problems of Luxembourg society.*  
National Research Fund (FNR) 02/05/14, Luxembourg  
Public Research Centre for Health, Department of Neuroscience  
Consortium member  
Leader (principal investigator) of the Polish team
- 2006-2007 *Body in 21st century. Body image among patients with eating disorders and university students: a comparative study.*  
Institute of Psychology, University of Silesia, Department Competition
- 2004-2005 *Self-esteem, self-control and coping strategies in female students in Poland and France.*  
Institute of Psychology, University of Silesia, Department Competition

## SCIENTIFIC SUPERVISOR

- 2018-2021 *Empirical verification of the Homeostatic Theory of Obesity in children and adolescents: a longitudinal study*  
National Science Center (NCN), Poland  
PRELUDIUM 13 (grant no. 2017/01/X/HS6/00007)

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## INTERNATIONAL RESEARCH PROJECTS

- 2019-2022 *MEALS - Maladaptive Eating cross-cultural Study*  
Department of General Psychology, University of Padova (Italy)  
Leader (principal investigator) of the Polish team

*HOLISTIC - Habits, Orthorexia nervosa and Lifestyle in university Students*  
Department of Public Health, University of Split Medical School (Croatia),  
Dietetics and Clinical Nutrition Laboratory, Department of Public Health,  
Experimental and Forensic Medicine, University of Pavia (Italy),  
Department of Economics, University of Foggia (Italy), Nutrition and  
Dietetics Department, Beirut Arab University (Lebanon), Faculty of  
Veterinary Medicine, University of Agricultural Sciences and Veterinary  
Medicine (Romania), Department of Physiology, Anatomy and Cell Biology,  
Pablo de Olavide University (Spain)

Consortium member

Leader (principal investigator) of the Polish team

2014-2019 *Personality features and their relationship with orthorexia nervosa and eating disordered attitudes in patients with anorexia nervosa and healthy individuals: a transcultural comparison*

University of Piemonte Orientale “Amedeo Avogadro”, Novara, Italy

Institute of Psychiatry

Consortium member

Leader (principal investigator) of the Polish team

2013-2018 *Orthorexia nervosa : psychological features*

“La Sapienza” University of Roma, Italy

Department of Experimental Medicine

Medical Pathophysiology, Food Science and Endocrinology Section

Food Science and Human Nutrition Research Unit

Consortium member

Leader (principal investigator) of the Polish team

2012-2014 *Body image in Quebec and Europe: the impact of culture*

University of Quebec in Trois-Rivières (Canada) and KU Leuven (Belgium)

Consortium member

Leader (principal investigator) of the Polish team

2010-2011 *Eating disorders and body image research*

Maison des Adolescents de la Moselle, Metz, France

Principal investigator

2009-2012 *Body image in health and sickness.*

Laboratory of Clinical Psychology, Health Psychology and Art Therapies,

Fondation François-Elisabeth, Luxembourg

Consortium member

Leader (principal investigator) of the Polish team

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## INTERNATIONAL COLLABORATION ACTIVITIES

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2022

**External examiner of the PhD thesis defence**

*Étude des déterminants psychologiques du bien-être et de la dépression des adultes en surpoids ou en situation d'obésité: analyse des données de la cohorte ESTEAM*

University of Bordeaux, France

PhD thesis supervisor: Dr. Greg Décamps, HDR

- 2019 – **Expert Committee Member (the Project Peer Reviewer) of the Science Fund of the Republic of Serbia**
- 2019 **Member of the Asian Conference on Psychology & the Behavioral Sciences (ACP2020) Review Committee**
- 2018 **Reviewer of the PhD thesis**  
*Perfectionism, rumination and eating behaviour regulation: are men and women equal in front of psychological processes involved on body dissatisfaction?*  
 University of Lille, France  
 PhD thesis supervisor: Prof. Céline Douilliez
- 2017 – **Member of the international research team The Orthorexia Nervosa Task Force (ON-TF)**  
**Member of the International Investigation of Parental Burnout (IIPB) consortium**
- 2012-2013 **Postdoctoral training**  
 University Hospital of Lausanne, Switzerland  
 Research Unit of the Department of Child and Adolescent Psychiatry (Blaise Pierrehumbert, Ph.D., Privat Docent)
- March 2012 **Postdoctoral training**  
 KU Leuven, Belgium  
 Faculty of Kinesiology and Rehabilitation Science and the University Psychiatric Centre KU Leuven - Unit Eating Disorders (prof. Michel Probst)
- 2007-2010 **Member of the PhD Admissions Board**  
*The biopsychosocial model of eating disorders: the contribution of family.*  
 University of Luxembourg, Luxembourg  
 PhD thesis supervisor: prof. Georges Steffen
- 2007-2008 **Reviewer of the PhD project (*une bourse de formation-recherche*)**  
*The biopsychosocial model of eating disorders: the contribution of family.*  
 Ministry for Culture, Higher Education and Research. The Government of the Grand Duchy of Luxembourg

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#### INVITED LECTURES AT FOREIGN UNIVERSITIES

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- 2024 *Overview of orthorexia nervosa: what do we know and what do we do?* Invited lecture given at the **Department of Psychosomatic Medicine, University of Tokyo Hospital, University of Tokyo** (Japan)
- 2023 *Disordered eating and health-related behaviours: current perspectives and new directions.* Invited lecture given at the **Department of General Psychology, University of Padova** (Italy)
- 2022 *Historical and current eating disorder epidemiology in light of psychological findings: Eastern European perspectives.* Invited lecture given at the **Department of Psychosomatic Medicine, University of Tokyo Hospital, University of Tokyo** (Japan)
- 2022 *Current perspectives on additional phenotypes of eating disorders.* Invited lecture given at the **Translational Health Research Institute, School of Medicine, Western Sydney University** (Australia)



- 2022 *Eating disorders in Eastern Europe: distribution and determinants*. Invited lecture given at the **Translational Health Research Institute, School of Medicine, Western Sydney University** (Australia).
- 2021 *From healthy eating to detrimental extremes: psychological profiles of vegetarian and non vegetarian dietary patterns*. Invited lecture given at the **School of Human and Social Sciences, University of West London** (United Kingdom)
- 2021 *Effets délétères des comportements alimentaires sur la santé: une perspective transdiagnostique* [Problematic eating-related health outcomes and behaviours: a transdiagnostic perspective]. Invited lecture given at the **Laboratory of Psychology, Health and Quality of Life (EA 4139), University of Bordeaux** (France)
- 2021 *Orthorexia nervosa in clinical and non-clinical samples*. Invited lecture given at the **Department of General Psychology, University of Padova** (Italy)
- 2020 *L'obsession d'une alimentation saine: une approche fondée sur les preuves* [Healthy eating obsession: an evidence based approach]. Invited lecture given at the **Laboratory of Psychology, Health and Quality of Life (EA 4139), University of Bordeaux** (France)
- 2019 *A transdisciplinary approach to orthorexia nervosa*. Invited lecture given at the **Dietetics and Clinical Nutrition Laboratory of the Department of Public Health, Experimental and Forensic Medicine, University of Pavia** (Italy)
- 2019 *Eating-related behavior and its determinants: theory and research*. Invited lecture given at the **Department of Psychology, Stanford University** (USA)

#### JOURNAL REVIEW ACTIVITIES

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- 2024 – **Associate Editor of the *Eating Behaviour and Eating Disorders*, *Psychiatria i Psychologia Kliniczna* (Journal of Psychiatry and Clinical Psychology)**
- 2022-2023 **Guest Editor of the *Advances in the Psychology of Eating*, *International Journal of Environmental Research and Public Health***
- 2021-2022 **Guest Editor of the *Advances in Food Environments*, *Frontiers in Nutrition***
- 2020-2022 **Editorial Board Member of *BMC Psychiatry* (section *Eating disorders*)**  
**Editorial Board Member of *Journal of Health Psychology***
- 2020-2021 **Guest Editor of the *Psychology of Eating: Understanding of Eating Behaviours*, *International Journal of Environmental Research and Public Health***
- 2020 – **Reviewer Board Member of *Nutrients***
- 2015 – **Editorial Board Member of *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity***
- 2009 – **Ad Hoc Reviewer**  
*Appetite*  
*Applied Psychology: Health and Well-Being*

2009 –

*BMC Pregnancy and Childbirth*  
*BMC Psychiatry*  
*BMC Women's Health*  
**Ad Hoc Reviewer**  
*Body Image*  
*Children and Youth Services Review*  
*Clinical Obesity*  
*Eating Behaviors*  
*eClinicalMedicine (part of The Lancet Discovery Science)*  
*Ecology of Food and Nutrition*  
*Health Psychology Report*  
*International Journal of Environmental Research and Public Health*  
*Journal of Eating Disorders*  
*Journal of Obsessive-Compulsive and Related Disorders*  
*Journal of Psychosomatic Research*  
*Life*  
*Nutrients*  
*Nutrition Journal*  
*Perspectives in Psychiatric Care*  
*Polish Psychological Bulletin*  
*Polskie Forum Psychologiczne [Polish Psychological Forum]*  
*Psychiatria Danubina*  
*Psychiatria i Psychologia Kliniczna [Journal of Psychiatry and Clinical Psychology]*  
*Psychiatria Polska [Polish Psychiatry]*  
*Psychologie Française*  
*Psychology, Health & Medicine*  
*Psychoterapia [Psychotherapy]*  
*Sustainability*  
*The Spanish Journal of Psychology*

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## PUBLICATIONS

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### BOOKS

#### IN ENGLISH

**Brytek-Matera A.** (2024). *Orthorexia nervosa: current understanding and perspectives*. Cambridge University Press, 244 pages.

#### IN FRENCH

**Brytek-Matera A.** (2010). *L'autorégulation du comportement et les troubles alimentaires. Perspectives interculturelles*. Sarrebruck: Éditions universitaires européennes, 247 pages.

#### IN POLISH

**Brytek-Matera A.** (2021). *Eating disorders*. Warsaw: PZWL, 228 pages.

**Brytek-Matera A.** (ed.) (2020). *Psychodietetics*. Warsaw: PZWL, 562 pages.

- Czepczor-Bernat K., **Brytek-Matera A.** (2020). *Psychological aspects of overweight and obesity. Theory and practice*. Warsaw: Difin, 210 pages.
- Czepczor K., **Brytek-Matera A.** (2017). *Emotional eating*. Warsaw: Difin, 258 pages.
- Brytek-Matera A.** (ed.). (2010). *Body in the contemporary times. Selected aspects of the body image issue*. Warsaw: Difin, 263 pages.
- Brytek-Matera A.**, Rybicka-Klimczyk, A. (2009). *Body image in anorexia and bulimia nervosa*. Warsaw: Difin, 200 pages.
- Brytek-Matera A.** (2008). *Body image – self-image. Body image in psychosocial context*. Warsaw: Difin, 194 pages.

## PEER-REVIEWED ARTICLES IN ENGLISH

- Awad E., Malaeb D., Chammas N., ... **Brytek-Matera A.**, Obeid S. (2024). Mediating effect of depression between self-esteem, physical appearance comparison and intuitive eating in adults. *Scientific Reports*, 14, 25109. <https://doi.org/10.1038/s41598-024-77016-2> [IF: 3.8/2023]
- Brytek-Matera A.**, Touyz S., Hay P. (2024). Comparative utility of the DSM-5 and ICD-11 diagnostic classifications of eating disorders of recurrent binge eating in an Australian community-based sample. *European Eating Disorders Review*, 32(3), 524–531. [IF: 3.9/2023]
- Chammas N., **Brytek-Matera A.**, Tornquist D., ... Soufia M. (2024). Profiles of intuitive eating in adults: the role of self-esteem, interoceptive awareness, and motivation for healthy eating. *BMC Psychiatry*, 24, 288. [IF: 4.4/2022]
- Fekih-Romdhane F., Pardini S., Hallit S., Novara C., **Brytek-Matera A.** (2024). A multi-country examination of the relationship between perfectionism and disordered eating: the indirect effect of obsessive beliefs and obsessive-compulsive symptoms. *Journal of Eating Disorders*, 12, 69. [IF: 3.5/2023]
- Fekih-Romdhane F., Hallit S., Mohammed I., El Khatib S., **Brytek-Matera A.**, ... Iskandar K. (2024). The mediating effect of resilience between work fatigue and psychological distress among healthcare workers in Brazil, Lebanon, Nigeria, Pakistan, Poland, Qatar, Serbia, and Tunisia. *Australasian Psychiatry*. doi: 10.1177/10398562241268102 [IF: 1.2/2023]
- Fekih-Romdhane F., Sawma T., Akel M., Obeid S., **Brytek-Matera A.**, Hallit S. (2024). Work addiction and depression, anxiety and stress: the mediating role of food addiction among Lebanese adult workers. *International Journal of Mental Health and Addiction*, 22(3), 1008-1028. [IF: 3.2/2023]
- Roskam I., Aguiar J., Akgun E., Arena A., Arikan G., Aunola K., Besson E., Beyers W., Boujut E., Brianda M. E., **Brytek-Matera A.**, ... Mikolajczak, M. (2024). Three reasons why parental burnout is more prevalent in individualistic countries: a mediation study in 36 countries. *Social Psychiatry and Psychiatric Epidemiology*, 59(4), 681–694. [IF: 3.6/2023]
- Swami, V., White, M. P., Voracek, M., Tran, U. S., Aavik, T., ... **Brytek-Matera A.**, ... Stieger, S. (2024). Connectedness to nature and exposure to natural environments: An examination of the measurement invariance of the Connectedness to Nature Scale (CNS) and Nature Exposure Scale (NES) across 65 nations, 40 languages, gender identities, and age groups. *Journal of Environmental Psychology*, 99, 102432. [IF: 6.1/2023]
- Witaszek T., Babicki M., **Brytek-Matera A.**, Mastalerz-Migas A., Kujawa K., Kłoda K. (2024). Maladaptive eating behaviours, generalised anxiety disorder and depression severity: a comparative study between adult women with overweight, obesity, and normal body mass index range. *Nutrients*, 16(1), 80. [IF: 4.8/2023]

- Younes S., Hallit S., Mohammed I., El Khatib S., **Brytek-Matera A.**, ..., Iskandar K. (2024). Moderating effect of work fatigue on the association between resilience and posttraumatic stress symptoms: A cross-sectional multi-country study among pharmacists during the COVID-19 pandemic. *BioPsychosocial Medicine*, 18, 4. [IF: 2.3/2024]
- Brytek-Matera A.** (2023). Prevalence of anorexia nervosa and bulimia nervosa in Eastern Europe. *Psychiatria i Psychologia Kliniczna (Journal of Psychiatry and Clinical Psychology)*, 23(4), 332–337. [IF: 0.4/2022]
- Brytek-Matera A.**, Obeid S., Donini L.M., Rogoza M., Marchlewska M., Plichta M., Jeżewska-Zychowicz M., Hallit S., Rogoza R. (2023). Psychometric properties of the ORTO-R in a community-based sample of women and men from Poland. *Journal of Eating Disorders*, 11, 9. [IF: 4.916/2021]
- Lin G.-X., Mikolajczak M., Keller H., Akgun E., Arikan G., Aunola K., Barham E., Besson E., Blanchard M. A., Boujut E., Brianda M. E., **Brytek-Matera A.**, ... Roskam I. (2023). Parenting culture(s): ideal-parent beliefs across 37 countries. *Journal of Cross-Cultural Psychology*, 54(1), 4-24. [IF: 2.577/2021]
- Mróz M., Gross J.J., **Brytek-Matera A.** (2023). Trait anxiety and unhealthy eating in adult women: the mediating role of cognitive instability. *International Journal of Environmental Research and Public Health*, 20(1), 296. [IF: 4.614/2021]
- Razmus M., Czubak-Paluch K., **Brytek-Matera A.** (2023). The relationship between body mass index and food preoccupation in women: A moderated mediation of body self-conscious emotions and self-esteem. *European Eating Disorders Review*, 31(1), 188-196 [IF: 5.360/2021]
- Brytek-Matera A.**, Pardini S., Szubert J., Novara C. (2022). Orthorexia nervosa and disordered eating attitudes, self-esteem and physical activity among young adults. *Nutrients*, 14(6), 1289. [IF: 6.706/2021]
- Brytek-Matera A.**, Pardini S., Modrzejewska J., Modrzejewska A., Szymańska P., Czepczor-Bernat K., Novara C. (2022). Orthorexia nervosa and its associations with obsessive-compulsive disorder symptoms: an initial cross-cultural comparison between Polish and Italian university students. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 27, 913-927. [IF: 3.008/2021]
- Brytek-Matera A.**, Ziółkowska B., Ocalewski J. (2022). Symptoms of avoidant/restrictive food intake disorder among 2–10-year-old children: the significance of maternal feeding style and maternal eating disorders. *Nutrients*, 14, 4527. [IF: 6.706/2021]
- Cheng Z., Gao X., Yang C., **Brytek-Matera A.**, He J. (2022). Effects of online and face-to-face intuitive eating interventions on body image and eating behaviors among women in China: a feasibility study. *Nutrients*, 14(9), 1761. [IF: 6.706/2021]
- Donini L.M., Barrada J.R., Barthels F., Dunn T., Babeau C., **Brytek-Matera A.**, ... Lombardo C. (2022). A consensus document on definition and diagnostic criteria for orthorexia nervosa. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 27, 3695–3711. [IF: 3.008/2021]
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#### CONFERENCE PRESENTATIONS

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- Brytek-Matera A., Charzyńska E., Atroszko P.** (2023). *Food addiction among young adult women and men: prevalence, potential risk factors and consequences*. The 8<sup>th</sup> International Conference on Behavioral Addictions (ICBA 2023). Incheon, South Korea.
- Mróz M., Czub M., Brytek-Matera A.** (2023). *The impact of eating behavior and emotional state on the severity of irritable bowel syndrome*. The 37<sup>th</sup> Annual Conference of the European Health Psychology Society "Health Psychology for all: Equity, Inclusiveness and Transformation". Bremen, Germany.
- Brytek-Matera A., Czepczor-Bernat K., Bronowicka P., Modrzejewska A., Modrzejewska J., Szymańska P., Waliłko J.** (2022). *Eating behaviour among adults with different levels of emotional suppression and eating disorder symptomatology*. The 30<sup>th</sup> European Congress of Psychiatry "Linking clinical practice and research for better mental health care in Europe" (Virtual EPA2022).
- Brytek-Matera A., Mróz M., Jagielski P., Sitarska J., Gross J.J.** (2022). *Dietary restriction in normal weight-individuals: using a web-based 24-hour dietary recall during 2 weeks*. The 22<sup>nd</sup> International Congress of Nutrition (ICN) "The power of nutrition: for the smiles of 10 billion people". Tokyo, Japan.
- Brytek-Matera A., O'Leary D., Jagielski P., Mróz M., Szubert J., Gross J.J.** (2022). *Dietary intake and emotional eating in healthy women: results from the 14-day food diaries in a real-life context*. The International Psychological Applications Conference and Trends 2022 (InPACT 2022). Madeira, Portugal.
- Mróz M., Brytek-Matera A.** (2022). *Assessment of physical activity level in young adults with*

- eating disorder risk: a cross-sectional study in a non-clinical sample*. The 30<sup>th</sup> European Congress of Psychiatry “Linking clinical practice and research for better mental health care in Europe” (Virtual EPA2022).
- Mróz M., Czub M., **Brytek-Matera A.** (2022). *Heart rate variability as a measure of effectiveness of non-pharmacological treatments for irritable bowel syndrome: a review of literature*. The 17<sup>th</sup> European Congress of Psychology “Psychology as the Hub Science: opportunities and responsibility”. Ljubljana, Slovenia.
- Mróz M., Werner K., Szubert J., Gross J.J., **Brytek-Matera A.** (2022). *Anxiety, impulsivity, and unhealthy eating among adult women*. The 17<sup>th</sup> European Congress of Psychology “Psychology as the Hub Science: opportunities and responsibility”. Ljubljana, Slovenia.
- Pardini S., Szubert J., Novara C., **Brytek-Matera A.** (2022). *Higher levels of concern about dieting and moderate-intensity physical activity predict orthorexia nervosa among young adults*. The 30<sup>th</sup> European Congress of Psychiatry “Linking clinical practice and research for better mental health care in Europe” (Virtual EPA2022).
- Bronowicka P., Waliłko J., **Brytek-Matera A.** (2021). *Connection between psychological and behavioral features of orthorexia nervosa and excess body weight*. The International Conference on Eating Disorders (Virtual ICED 2021) “Cultivating inclusivity & diversity across research & practice”.
- Brytek-Matera A.** (2021). *Dietary patterns and orthorexia nervosa: an evidence-based literature review*. The 20<sup>th</sup> WPA World Congress of Psychiatry (Virtual Congress).
- Brytek-Matera A.** (2021). *Emotion dysregulation and its connection with abnormal eating pattern: pathways from negative emotions to weight status*. The 20<sup>th</sup> WPA World Congress of Psychiatry (Virtual Congress).
- Brytek-Matera A.** (2021). *The effects of physical activity on emotion regulation and eating behaviours*. The 32<sup>nd</sup> International Congress of Psychology (ICP) “Psychology in the 21<sup>st</sup> century: open minds, societies and world (Virtual Congress).
- Brytek-Matera A.**, Bronowicka P., Waliłko J. (2021). *Restraint theory: significance of rumination*. The 29<sup>th</sup> European Congress of Psychiatry “Personalising and integrating mental health care in the digital area” (Virtual Congress).
- Brytek-Matera A.**, Czepczor-Bernat K. (2021). *Potential predictors of BMI among children and adolescents: a preliminary comparative study*. The 32<sup>nd</sup> International Congress of Psychology (ICP) “Psychology in the 21<sup>st</sup> century: open minds, societies and world” (Virtual Congress).
- Charzyńska E., Atroszko P., **Brytek-Matera A.** (2021). *Not everyone is the same: latent profile analysis of food addiction, personality traits and loneliness among young adults*. The 29<sup>th</sup> European Congress of Psychiatry “Personalising and integrating mental health care in the digital area” (Virtual Congress).
- Czepczor-Bernat K., Matusik P., **Brytek-Matera A.** (2021). *The role of restrained and uncontrolled eating in children’s concerns about weight and shape and quality of life*. Prague, Czech Republic. The 32<sup>nd</sup> International Congress of Psychology (ICP) “Psychology in the 21<sup>st</sup> century: open minds, societies and world” (Virtual Congress)
- Fares K., Hallit S., **Brytek-Matera A.** (2021). *Social anxiety disorder and its factors among Lebanese non-clinical adults: the role of depression, alexithymia and work fatigue*. The 20<sup>th</sup> WPA World Congress of Psychiatry (Virtual Congress).
- Mróz M., Czub M., Piskorz J., Kowal M., **Brytek-Matera A.** (2021). *Effect of slow diaphragmatic breathing on anxiety in young women*. The 20<sup>th</sup> WPA World Congress of Psychiatry (Virtual Congress).

- O'Leary D., **Brytek-Matera A.**, Gross J. (2021). *Negative affect, affect regulation, and food choice: a value-based decision-making analysis*. The 29th European Congress of Psychiatry "Personalising and integrating mental health care in the digital area" (Virtual Congress).
- Plasonja N., Dubourdeaux M., **Brytek-Matera A.**, Décamps G. (2021). *Validation d'une échelle d'auto-efficacité alimentaire en français*. Le 11<sup>ème</sup> Congrès de l'Association Francophone de Psychologie de la Santé (AFPSA) "Le patient et son encourage: quelles interactions?" (Virtual Congress). [Presentation in French]
- Waliłko J., Bronowicka P., **Brytek-Matera A.** (2021). *Mediating role of lack of familiarity with one's own body in emotional eating-interoceptive awareness relationship among patients with bulimia nervosa*. The International Conference on Eating Disorders (Virtual ICED 2021) "Cultivating inclusivity & diversity across research & practice".
- Brytek-Matera A.** (2020). *The effect of negative emotions on food intake and maladaptive eating behaviour: a literature review*. The 10<sup>th</sup> Asian Conference on Psychology & the Behavioral Sciences. Tokyo, Japan.
- Bronowicka P., **Brytek-Matera A.** (2020). *The effect of selfies on mental health: an overview of recent research*. XII National Interdisciplinary Scientific Conference TYGIEL 2020 „Interdisciplinarity as the key to development”. Lublin, Poland. [Presentation in Polish]
- Czeczor-Bernat K., **Brytek-Matera A.** (2020). *Food-related behaviours and nutritional status: a parent-child dyad approach*. The 10<sup>th</sup> Asian Conference on Psychology & the Behavioral Sciences. Tokyo, Japan.
- Czeczor-Bernat K., **Brytek-Matera A.** (2020). *The impact of maladaptive eating behaviours on body mass index, body dissatisfaction and quality of life in children: a structural equation modeling approach*. The 10<sup>th</sup> Asian Conference on Psychology & the Behavioral Sciences. Tokyo, Japan.
- Czeczor-Bernat K., **Brytek-Matera A.**, Matusik P. (2020). *Homeostatic Theory of Obesity: assessment of a revised version of the Circle of Discontent among children and adolescents*. European and International Congress on Obesity (online ECOICO 2020).
- Waliłko J., Gruszczyńska M., **Brytek-Matera A.** (2020). *Eating styles of pregnant women and their relationship with body image avoidance behaviours: a preliminary cross-sectional study*. XII National Interdisciplinary Scientific Conference TYGIEL 2020 „Interdisciplinarity as the key to development”. Lublin, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2019). *Which factors predict orthorexia nervosa in women? Results from two independent studies*. XVI European Congress of Psychology "Psychology: creating the future together". Moscow, Russia.
- Brytek-Matera A.**, Czeczor-Bernat K., Modrzejewska A. (2019). *Physical activity-related predictors of maladaptive eating behaviours: a preliminary experimental study using eHealth technology*. The 33<sup>rd</sup> annual conference of the European Health Psychology Society (EHPS 2019): "Individuals and Professionals. Cooperation to Health". Dubrovnik, Croatia.
- Brytek-Matera A.**, Czeczor-Bernat K. (2019). *Impact of objectively measured physical activity and body composition on eating behaviours in young adults*. XVI European Congress of Psychology "Psychology: creating the future together". Moscow, Russia.
- Brytek-Matera A.**, Modrzejewska J. (2019). *Rumination and eating styles in the context of normative and non-normative weight*. The 2nd National Conference „Cerebrum Cognita”. Lublin, Poland. [Presentation in Polish]
- Czeczor-Bernat K., **Brytek-Matera A.** (2019). *Emotional functioning, eating behaviours and body image: e-mental health intervention among women with BMI  $\geq 25$  kg/m<sup>2</sup>*. The 33<sup>rd</sup> annual conference of the European Health Psychology Society (EHPS 2019):

- “Individuals and Professionals. Cooperation to Health”. Dubrovnik, Croatia.
- Czepczor-Bernat K., Kołodziejczyk N., **Brytek-Matera A.** (2019). *Verification of the Marks' Homeostatic Theory of Obesity: a pilot study among child-parent dyads*. The International Conference on Eating Disorders (ICED 2019) “Start Spreading the News. Education, Dissemination & the Science of Eating Disorders”. New York, United States of America.
- Czepczor-Bernat K., Modrzejewska A., **Brytek-Matera A.** (2019). *Potential predictors of physical activity in young adults: a preliminary accelerometer-based study*. The 33<sup>rd</sup> annual conference of the European Health Psychology Society (EHPS 2019): “Individuals and Professionals. Cooperation to Health”. Dubrovnik, Croatia.
- Gattino S., Rollero C., Boza M., Czepczor-Bernat, **Brytek-Matera A.**, Lemoine J.E., Reza S.N., Wilson E. (2019). *Fattori protettivi e di rischio del processo di auto-oggettivazione: una ricerca cross-culturale* [Protective and risk factors of the self-objectification process: a cross-cultural research]. XVI Convegno Nazionale della Sezione di Psicologia Sociale dell'Associazione Italiana di Psicologia. Rome, Italy. [Presentation in Italian]
- Mandecka N., Cierpiał M., **Brytek-Matera A.** (2019). *What psychology students know about eating disorders? A pre- and post-test preliminary study on knowledge of eating disorders and eating- and weight-related problems*. The 27<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Modrzejewska A., **Brytek-Matera A.** (2019). *Interoception, body weight dissatisfaction and avoidance behaviours: are patients with anorexia nervosa different from each other?* The 27<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Modrzejewska A., Średnicki J., **Brytek-Matera A.** (2019). *Influence of CPAP treatment on quality of life among women and men with obstructive sleep apnea and concurrent with class-2 obesity*. XII National Conference of the Health Psychology Section of the Polish Psychological Association “In health and illness – trajectories of Quality of Life”. Katowice, Poland. [Presentation in Polish]
- Musiał P., Cierpiał M., Czepczor-Bernat K., **Brytek-Matera A.** (2019). *Determinants of body dissatisfaction and depression among individuals with obesity*. V National Conference „Size in the mind”. Poznan, Poland. [Presentation in Polish]
- Telega M., **Brytek-Matera A.**, Janowski K., Świątek H., Szcześniak M., Barthels F., (2019). *Psychometric properties of the four Polish language versions of the Düsseldorf Orthorexia Scale (DOS-PL)*. The 2<sup>nd</sup> edition of Warsaw Conference „PsychoScience 2019”. Warsaw, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Czepczor-Bernat K., Kornacka M. (2018). *Rumination and eating styles in patients with overweight: a preliminary ecological momentary assessment study*. The International Conference on Eating Disorders (ICED 2018) “Innovation. Expanding our Community & Perspectives”. Chicago, United States of America.
- Brytek-Matera A.**, Czepczor-Bernat K., Jurzak H., Napieralski P., Kornacka M. (2018). *Assessment of repetitive negative thinking and eating behaviours among women and men on vegetarian diets: a mobile technology based Ecological Momentary Assessment study*. The 29<sup>th</sup> International Congress of Applied Psychology (ICAP 2018). Montréal, Canada.
- Brytek-Matera A.**, Jurzak H., Czepczor-Bernat K., Napieralski P., Kornacka M. (2018). *Do perseverative thinking and extreme focus on healthy eating change after induction of food-related pictures in vegetarians? The results of a pilot study*. The 29<sup>th</sup> International Congress of Applied Psychology (ICAP 2018). Montréal, Canada.
- Czepczor-Bernat K., **Brytek-Matera A.** (2018). *The assessment of eating behavior and body image among people with excessive and normal body weight: direct, indirect and buffer effect*



- and model of moderated mediation*. The International Conference on Eating Disorders (ICED 2018) “Innovation. Expanding our Community & Perspectives”. Chicago, United States.
- Czepczor-Bernat K., **Brytek-Matera A.** (2018). *The REMEBI complex psychological intervention among individuals with excessive body weight: a longitudinal study*. The 29<sup>th</sup> International Congress of Applied Psychology (ICAP 2018). Montréal, Canada.
- Czepczor-Bernat K., Kołodziejczyk N., **Brytek-Matera A.** (2018). *The role of body image experiences in the treatment of overweight and obesity: the REMEBI complex psychological intervention*. The 26<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Kołodziejczyk N., Czepczor-Bernat K., **Brytek-Matera A.** (2018). *Analysis of relationships between orthorexia features and eating behaviors and body image-related distress in overweight and obese people*. The 25<sup>th</sup> European Congress on Obesity (ECO2018). Wien, Austria.
- Brytek-Matera A.** (2017). *Does emotional eating mediate the relationship between body image-related distress and orthorexic behaviours in overweight/obese women?* X Congresso Nazionale SISDCA “La Competenza Clinica nella Cura dei Disturbi del Comportamento Alimentare e dell’Obesità”. Rome, Italy.
- Brytek-Matera A.** (2017). *The mediating effect of abnormal eating habits on the relationship between overweight preoccupation and orthorexic behaviours in patients with eating disorders*. The 13<sup>th</sup> London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2017). *Body image and abnormal eating behaviours: the mediating role of emotional eating*. XII National Conference of the Health Psychology Section of the Polish Psychological Association “Health in a changing world - threats and challenges”. Poznan, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Barthels F., Bratman S., Cuzzolaro M., Depa J., Dunn T.M., Missbach B., Setnick J., Varga M., Cena H., Segura-Garcia C., Donini L.M. (2017). *The Orthorexia Nervosa Task Force (ON-TF): Objectives and Key Strategies*. X Congresso Nazionale SISDCA “La Competenza Clinica nella Cura dei Disturbi del Comportamento Alimentare e dell’Obesità”. Rome, Italy.
- Brytek-Matera A.**, Czepczor K. (2017). *Mediation analysis of the relationship between body image quality of life and negative emotions in a sample of adults with obesity*. The 13<sup>th</sup> London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.**, Czepczor K. (2017). *Relation among emotional eating, chocolate craving and orthorexic behaviours in underweight, overweight and obese adults: a preliminary study*. The 24<sup>th</sup> European Congress on Obesity (ECO2017). Porto, Portugal
- Brytek-Matera A.**, Średnicki J. (2017). *Assessment of functional consequences of sleep and quality of life in obstructive sleep apnea patients before and during CPAP treatment*. The 36<sup>th</sup> Congress of Polish Psychological Association “Psychology for person’s and society’s health”. Gdansk, Poland. [Presentation in Polish]
- Czepczor K., **Brytek-Matera A.** (2017). *Restrained eating, guilt and food and weight preoccupation: analysis of mediation and moderation in a sample of obese, overweight and normal weight adults*. The 24<sup>th</sup> European Congress on Obesity (ECO2017). Porto, Portugal.
- Czepczor-Bernat K., **Brytek-Matera A.** (2017). *Dietary restrictions, food and weight preoccupation and orthorexic behaviours: direct, indirect and buffer effects*. The 36<sup>th</sup> Congress of Polish Psychological Association “Psychology for person’s and society’s health”. Gdansk, Poland. [Presentation in Polish]
- Kornacka M, Czepczor K., **Brytek-Matera A.** (2017). “When I eat I stop thinking”. *Repetitive negative thinking, emotional eating and inhibition in obese patients’ everyday life*.

The 9<sup>th</sup> International Congress of Cognitive Psychotherapy. Cluj-Napoca, Transylvania, Romania.

- Brytek-Matera A.**, Cena H., Fonte M.L., Donini L.M., Poggiogalle E. (2016). *Co-occurrence of orthorexia nervosa and obsessive-compulsive symptoms, disordered eating patterns and body uneasiness: the mediating role of gender and Body Mass Index*. The 31<sup>st</sup> International Congress of Psychology (ICP2016). Yokohama, Japan.
- Brytek-Matera A.**, Rogoza R., Gramaglia C., Zeppego P. (2016). *Latent classes and predictors of orthorexic behaviours among eating disorder patients*. The 31<sup>st</sup> International Congress of Psychology (ICP2016). Yokohama, Japan.
- Czepczor K., Kościcka K., **Brytek-Matera A.** (2016). *Attitudes towards body image among nursery school children and their parents*. National Conference on Eating Disorders. Warsaw. Poland. [Presentation in Polish]
- Brytek-Matera A.**, Czepczor K., Kościcka K. (2015). *If I were thin, I would be look like in the magazine! - sociocultural attitudes towards appearance and body dissatisfaction among women and men without eating disorders*. The 23<sup>rd</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2015). *Thinness, body size perception and attitudinal body image in outpatients with eating disorders*. The 12<sup>th</sup> International London Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.**, Zgrzywa R. (2015). *Assessment of loneliness and eating disordered patients' perception of family relationships: an exploratory study*. The 12<sup>th</sup> International London Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.**, Rogoza R. (2014). *Psychometric properties of the Multidimensional Body-Self Relations Questionnaire for the Polish population*. The 22<sup>nd</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Rogoza R., **Brytek-Matera A.** (2014). *The structure of a measure of body image disturbance in adults from Poland*. The 22<sup>nd</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2014). *Orthorexic behaviours among outpatients with eating disorders*. The 35<sup>th</sup> Congress of Polish Psychological Association "Psychology in a changing world". Bydgoszcz, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Bobrska E., Czepczor K., Kościcka K. (2014). *Food, weight-related issues and knowledge about eating disorder psychopathology in late adolescence: a preliminary study*. International Conference: "Food, Children and Youth: What's Eating?" Lisbon, Portugal.
- Czepczor K., Kościcka K., Bobrska E., **Brytek-Matera A.** (2014). *Changing eating habits among Polish children: causes and consequences*. International Conference: "Food, Children and Youth: What's Eating?" Lisbon, Portugal.
- Kościcka K., Czepczor K., Bobrska E., **Brytek-Matera A.** (2014). *FAT talk – negative thoughts and negative body image*. The 1<sup>st</sup> National Conference „Around the body”. Poznan, Poland. [Presentation in Polish]
- Kościcka K., Czepczor K., **Brytek-Matera A.** (2014). *Anger expression. Aggressiveness in the body - self-injurious behaviour among women with eating disorders*. The 1<sup>st</sup> National Conference „Anger. Aggression. Violence. The modern approach to the problem”. Katowice, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2013). *Does orthorexia nervosa behaviour occur in outpatients with eating disorders?* The 21<sup>st</sup> International Conference on Eating Disorders. Alpbach, Austria.

- Brytek-Matera A.**, Krupa M., Poggiogalle E., Donini L.M. (2013). *Orthorexia nervosa in Poland: a population-based validation study*. The 21<sup>st</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2013). *Evaluation of physical appearance, body image disturbance and interoceptive awareness among Polish older adolescents and young adults with eating disorders*. The 16<sup>th</sup> European Conference on Developmental Psychology. Lausanne, Switzerland.
- Dacko M., **Brytek-Matera A.** (2013). *The relationship between attachment styles and personality disorders in young adult couples*. The 16<sup>th</sup> European Conference on Developmental Psychology. Lausanne, Switzerland.
- Brytek-Matera A.** (2013). *Body image psychopathology and eating disorders: the association between body weight dissatisfaction, body image avoidance and distorted body experience in outpatients underestimating or overestimating their current body size*. The 11<sup>th</sup> London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2013). *The influence of the psychoeducational approach on non-clinical women's and men's knowledge about the risks and maintaining factors of eating disorders: a Polish pilot study*. The 11<sup>th</sup> London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2013). *Anorexia nervosa in school - primary prevention program*. International Conference "Mental health in children and adolescents". Bytom, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2013). *Psychological predictors of body image dissatisfaction in women having body-image cognitive distortions*. The 1<sup>st</sup> National Conference „Risk behaviours - prevention, diagnosis, treatment”. Katowice, Poland. [Presentation in Polish]
- Kościcka K., Bobrska E., Czepczor K., **Brytek-Matera A.** (2013). *Nutritional problems in Polish children - a growing epidemic of overweight and obesity*. The 1<sup>st</sup> National Conference „Sick children in the modern world”. Katowice, Poland. The 1<sup>st</sup> Place Best Poster Presentation. [Presentation in Polish]
- Brytek-Matera A.** (2012). *Interoceptive awareness, body size estimation and emotional eating among women with anorexia and bulimia nervosa*. The 20<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2012). *Psychological characteristics in adolescent male with anorexia nervosa: a series of two outpatients*. The 20<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2011). *How does corporeality threaten the structure of the self? Evaluation of self-image among women with eating disorders in early adulthood*. The VI National Conference: „Crisis: a challenge for individuals and societies”. Katowice, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2011). *Body image self-discrepancy and attitude towards one's body in patients with anorexia and bulimia nervosa*. The 19<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2011). *The role of perfectionism in eating disorders and its connection with body image and self-esteem*. The 19<sup>th</sup> International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2011). *Assesment of stress-coping behaviours in Polish patients with eating disorders*. The 10<sup>th</sup> London International Eating Disorders Conference. London, United Kingdom.

- Brytek-Matera A.** (2011). *Influence of stress coping style on distorted body experience in women diagnosed with anorexia nervosa*. The 10<sup>th</sup> London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2009). *La représentation d'image de soi chez les personnes souffrant de troubles alimentaires - l'insatisfaction à l'égard du corps*. International Conference, Fourth Statistical Days at the University of Luxembourg. Luxembourg, Luxembourg.
- Schiltz L., **Brytek-Matera A.**, Maugendre M. (2009). *L'influence de la musique sur l'expression picturale d'adolescentes. Une étude comparative entre différents styles de musique*. International Conference, Fourth Statistical Days at the University of Luxembourg. Luxembourg, Luxembourg.
- Brytek-Matera A.** (2008). *Negation of feminine sexuality and eating disorders*. National Congress of Polish Therapeutic Association: "Human sexuality in health and sickness". Poznan, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Spitz E., Bak-Sosnowska M., Kocelak P., Zahorska-Markiewicz B. (2008). *Mood and anxiety symptoms and personal life goals among obese women: a cross-cultural study*. The 1<sup>st</sup> Central European Congress on Obesity: "From Nutrition to Metabolic Syndrome". Karlovy Vary, Czech Republic
- Bak-Sosnowska M., Zak-Golab A., **Brytek-Matera A.**, Kocelak P., Holecki M., Zahorska-Markiewicz B. (2008). *Relationship between body weight, age, body image and disorders associated with eating behaviours in women with overweight*. The 1<sup>st</sup> Central European Congress on Obesity: "From Nutrition to Metabolic Syndrome". Karlovy Vary, Czech Republic
- Zak-Golab A., Zahorska-Markiewicz B., Bulinski A., Cybulska D., Bak-Sosnowska M., Tomalski R., Kocelak P., Holecki M., **Brytek-Matera A.** (2008). *The connection between binge eating, alexithymia and body image perception in obese women*. The 1<sup>st</sup> Central European Congress on Obesity: "From Nutrition to Metabolic Syndrome". Karlovy Vary, Czech Republic
- Brytek-Matera A.** (2008). *„Obese” self in anorexia nervosa patients - drive for thinness*. The XXXIII Congress of Polish Psychological Association: "Live worthily...". Poznan, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2008). *The role of self-discrepancy in eating disordered women's body image*. The XXIX International Congress of Psychology. Berlin, Germany.
- Brytek-Matera A.** (2008). *Subjective body experience and attitude toward one's body in patients with eating disorder*. The XXIX International Congress of Psychology. Berlin, Germany.
- Brytek-Matera A.** (2008). *Body image in adolescence*. The 2<sup>nd</sup> Euroregional Conference: "Adolescence. Chances and threats. Dabrowa Gornicza, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2007). *Female body image in the context of eating disorders*. The 4<sup>th</sup> International Congress of Psychology: "Crises, catastrophes, disasters in the perspective of contemporary civilization". Ustron, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Izydorczyk B. (2007). *Experience of emotional crisis by patients with eating disorders*. The 4<sup>th</sup> International Congress of Psychology: "Crises, catastrophes, disasters in the perspective of contemporary civilization". Ustron, Poland. [Presentation in Polish]
- Brytek A.** (2007). *Body dissatisfaction among anorexic and bulimic patients*. The 10<sup>th</sup> European Congress of Psychology: "Mapping of psychological knowledge for society". Prague, Czech Republic.
- Brytek A.**, Spitz E. (2007). *A cross-cultural study of the relationship between depression, anxiety symptoms and anorexia nervosa*. The 10<sup>th</sup> European Congress of Psychology: "Mapping of psychological knowledge for society". Prague, Czech Republic.

- Brytek A.** (2007). *Profil de risque des troubles du comportement alimentaire et de l'obésité dans deux pays européens : la Pologne et la France*. International Conference, the Third Statistical days at the University of Luxembourg: "Stratégies de recherche pour groupes restreints et données de niveau non métrique". Luxembourg, Luxembourg. [Presentation in French]
- Brytek A., Schiltz L.** (2007). *Étude comparée multidimensionnelle de personnes présentant des troubles des conduites alimentaires*. International Conference, the Third Statistical days at the University of Luxembourg: "Stratégies de recherche pour groupes restreints et données de niveau non métrique". Luxembourg, Luxembourg. [Presentation in French]
- Brytek A., Spitz E.** (2007). *Le rôle de la minceur chez les patientes présentant des troubles alimentaires*. Le 4<sup>ème</sup> Congrès International de Psychologie de la Santé de Langue Française: Psychologie, santé et ouverture". Toulouse, France. [Presentation in French]
- Brytek A.** (2007). *Body image dissatisfaction in anorexia and bulimia nervosa*. International Congress of Psychology: "A contemporary man's quality of life. The values of western civilization: possibilities and limits of development". Opole, Poland. [Presentation in Polish]
- Brytek A.** (2007). *Stress in bulimia nervosa – problem-focused coping or avoidance coping ?* International Congress of Psychology: "A contemporary man's quality of life. The values of western civilization: possibilities and limits of development". Opole, Poland. [Presentation in Polish]
- Hess A., **Brytek A.** (2007). *Personal goals presentation in patients with the diagnosis of anorexia nervosa*. International Congress of Psychology: "A contemporary man's quality of life. The values of western civilization: possibilities and limits of development". Opole, Poland. [Presentation in Polish]
- Brytek A.** (2006). *Threat to life? Mechanism of the vicious circle of bulimia nervosa*. The 3<sup>rd</sup> International Scientific Conference: "Crises, catastrophes, disasters in the view of the escalation of threats". Ustron, Poland. [Presentation in Polish]
- Brytek A., Izydorczyk B.** (2006). *Experience of emotional crisis by patients with eating disorders*. The 3<sup>rd</sup> International Scientific Conference: "Crises, catastrophes, disasters in the view of the escalation of threats". Ustron, Poland. [Presentation in Polish]
- Brytek A.** (2006). *Coping strategies and locus of control in Polish and French students*. The 20<sup>th</sup> Annual Conference of the European Health Psychology Society: "Social change and new challenges for health psychology". Warsaw, Poland.
- Brytek A.** (2006). *Coping strategies, self-esteem and anger in French patients with anorexia nervosa*. The 20<sup>th</sup> Annual Conference of the European Health Psychology Society: "Social change and new challenges for health psychology". Warsaw, Poland.
- Brytek A.** (2006). *Expression of anger and coping strategies in bulimia nervosa. A comparative study among Polish and French population*. The XV Colloque of Psychology: "Psychology in the face of the present day's dilemmas". Cieszyn, Poland. [Presentation in Polish]
- Brytek A., Spitz, E., Vaillant, M.** (2005). *Threat to mental and public health: obesity epidemic. The problem of obesity in Europe*. International Scientific Conference: "Between health and illness. Social and psychological contexts". Zakopane, Poland. [Presentation in Polish]
- Brytek A.** (2005). *The phenomenon of mobbing made a reference to an individual's mental health*. International Scientific Conference: "Between health and illness. Social and psychological contexts". Zakopane, Poland. [Presentation in Polish]
- Brytek A., Spitz E., Vaillant M.** (2005). *Stratégies de coping et estime de soi chez les personnes obèses*. Le 3<sup>ème</sup> Congrès International de Psychologie de la Santé de Langue Française: "Psychologie, santé et société". Aix-en-Provence, France. [Presentation in French]

- Brytek A.** (2004). *Mobbing: la violence mentale dans l'environnement de travail*. Congrès International: "Hommes & organisations: la santé au cœur des enjeux de l'entreprise". Nancy, Metz, France; Mondorf-les-Bains, Luxembourg. [Presentation in French]
- Brytek A.** (2004). *Influence of psychosocial factors on bulimia nervosa and a social support*. The 2<sup>nd</sup> Cracow Eating Disorders' Conference: "Around treat of anorexia and bulimia nervosa. Theories, methods, techniques". Cracow, Poland. [Presentation in Polish]
- Brytek A., Serein A-L., Spitz E.** (2003). *Evaluation des troubles affectifs chez le patient obèse*. Le 2<sup>ème</sup> Congrès International de Psychologie de la Santé de Langue Française: "Théories et modes d'interventions". Metz, France. [Presentation in French]

## INVITED LECTURES AT THE CONFERENCES

### IN ENGLISH

- Brytek-Matera A.** (2018). *The link between orthorexia nervosa and abnormal eating and body image attitudes and obsessive-compulsive disorder*. XI Congresso Nazionale SISDCA "Ricerca, pratica clinica, relazioni internazionali: nuove frontiere nel trattamento dei disturbi dell'alimentazione e dell'obesità". Lecture given at the invitation of the Italian Society for the Study of Eating Disorders (Società Italiana per lo Studio dei Disturbi del Comportamento Alimentare), Rome, Italy.

### IN FRENCH

- Brytek-Matera A.** (2013). *Le corps perdu? La prise en charge auprès des patients ayant une image corporelle déformée*. Symposium international „De l'intervention préventive à l'intervention thérapeutique des troubles du comportement alimentaire: un portrait concret au Québec et en Europe". Lecture given at the invitation of the University of Québec at Trois-Rivières, Canada.

### IN POLISH

- Brytek-Matera A.** (2023). *Maladaptive eating behaviors of women: a psychological perspective*. The 3<sup>rd</sup> International Scientific Conference of the „Dilemmas of Human Nutrition Sciences – Today and Tomorrow” series. Lecture given at the invitation of the Polish Society for Nutritional Sciences and the Department of Human Nutrition and Dietetics at Poznań University of Life Sciences, Poland.
- Brytek-Matera A.** (2021). *Emotional eating, eating disorders and mood disorders in the age of COVID-19*. Jubilee Congress of the Polish Association for the Study of Obesity "Obesitology: yesterday, today and tomorrow" (Virtual Congress). Lecture given at the invitation of the Polish Association for the Study of Obesity.
- Brytek-Matera A.** (2021). *Disordered eating patterns: when food ceases to fulfill its primary function*. The 3<sup>rd</sup> Nutrition Awareness Days. Lecture given at the invitation of the Faculty of Food Science at the University of Warmia and Mazury in Olsztyn, Poland.
- Brytek-Matera A.** (2019). *Holistic approach to excess body weight*. National Conference „How to head up physical activity and healthy eating in companies? Practical conclusions from a nationwide survey". Lecture given at the invitation of the National Centre of Workplace Health Promotion, Lodz, Poland.
- Brytek-Matera A.** (2018). *Childhood obesity and its psychological consequences*. The 2<sup>nd</sup> National Conference "Childhood obesity – from cause to consequence. In search of the effective therapeutic methods". Lecture given at the invitation of the Medical University of Silesia, Katowice, Poland.
- Brytek-Matera A.** (2017). *Orthorexia nervosa: clinical features, nosological dilemmas and diagnosis*. National Conference "Psychodietetics - understanding nutrition". Lecture given

at the invitation of the Silesian Health Center, Katowice, Poland.

- Brytek-Matera A.** (2016). *Working with a patient with abnormal eating behaviours: psychological interventions*. National Conference “Psychodietetics - understanding nutrition”. Lecture given at the invitation of the Silesian Health Center, Katowice, Poland.
- Brytek-Matera A.** (2016). *Psychological aspect of nonnormative eating behaviours*. The 5<sup>th</sup> Regional Scientific Conference „Psychology and Medicine” – „Eating disorder: from prevention to surgery” Lecture given at the invitation of Psychological and Pedagogical Outpatient Clinic in Zabrze, Poland.
- Brytek-Matera A.** (2014). *Body image in the context of health and disease*. The 1<sup>st</sup> National Conference „Around the body”. Lecture given at the invitation of Adam Mickiewicz University of Poznan, Poland.
- Brytek-Matera A.** (2012). *Child and illness – psychosocial aspects of obesity*. „Diabetes among children and adolescents : a still underestimated problem”. Lecture given at the invitation of the Tarnowskie Gory Association to Support of Non-Governmental Initiatives, Poland.
- Brytek-Matera A.** (2012). *How we can motivate patients to diet? Psychological intervention among people with obesity*. The 2<sup>nd</sup> National Conference „Congressus Dietetica”. Lecture given at the invitation of the Polish Association of Dietitians, Lodz, Poland.
- Brytek-Matera A.** (2012). *Nemo liber est, qui corpori servit. Embodied Self in women with eating disorders*. National Conference „Face to face with corporeality”. Lecture given at the invitation of the Students Association from the Faculty of Psychology at the University Maria Curie-Skłodowska in Lublin, Poland.