

# CURRICULUM VITAE

## Anna Brytek-Matera

Associate Professor of Psychology

University of Wrocław  
Institute of Psychology  
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## EDUCATION

- May 2016      **Habilitation**  
SWPS University of Social Sciences and Humanities, Wrocław, Poland
- January 2008      Qualification : **Function of *Maître de Conférences*** - Conseil national des universités (C.N.U), 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
- May 2007      **Postgraduate Study of Art Therapy**  
Polish Erickson Institute and Polish Committee of International Society for Education through Art
- December 2005      **Doctor of Philosophy in Psychology (Cotutelle Polish-French)**  
Specialization: Clinical psychology, health psychology  
University of Silesia, Katowice, Poland  
Doctoral thesis: *The contribution of models of behavioural self-regulation to the understanding of eating disorders. Intercultural perspectives*
- September 2005      **Doctor of Philosophy in Psychology (Cotutelle Polish-French)**  
Specialization: Health psychology  
University Paul Verlaine-Metz, France (currently: Université de Lorraine)  
Doctoral thesis: *Contribution des modèles sur l'autorégulation du comportement dans la compréhension des troubles alimentaires. Perspectives interculturelles.*  
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**  
Specialization: Clinical psychology  
Faculty of Pedagogy and Psychology, University of Silesia, Katowice  
Thesis: *Choice or trap? Psychosocial conditions of anorexia nervosa.*  
Mark: Very good. Graduate with distinction
- June 2001      **Master of Arts in Culturology**  
Specialization: Filmology

Philological Faculty, University of Silesia, Katowice

Thesis: *Adaptation of work of literature in the audiovisual culture. The case of « Notre Dame de Paris » by Victor Hugo.*

Mark: Good

June 1997

**Maturity certificate / baccalaureate**

Mikolaj Kopernik General Education Secondary School, Katowice

## PROFESSIONAL POSITIONS

### ACADEMIC WORK EXPERIENCE

From October 2019 **Associate Professor, Ph.D.**

**Head of Nutritional Psychology Unit**

**Head of EAT Lab (Eating Behavior Laboratory)**

Institute of Psychology

University of Wrocław

**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)  
(the previous name: Eating, Behaviours and Cognitive Processes  
Interdisciplinary Laboratory; Eat Beh Cog InterLab)**

**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

**Assistant Professor, Ph.D.**

Faculty of Psychology

SWPS University of Social Sciences and Humanities, Faculty in Katowice

2006-2011

**Assistant Professor, Ph.D.**

Department of Pedagogy and Psychology, Institute of Psychology University  
of Silesia, Katowice

2004-2005

**Agent Temporaire Vacataire (ATV)**

Department of Psychology, Health Psychology Laboratory

University Paul Verlaine-Metz, France

2003-2005

**Assistant lecturer, MA**

Department of Pedagogy and Psychology, Institute of Psychology University  
of Silesia, Katowice

## CLINICAL WORK EXPERIENCE

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From 2016	<b>Therapist (CBT)</b> Private Eating Disorders Treatment Centre, Katowice Therapy with patients suffering from eating disorders – individual therapy
2013-2016	<b>Therapist (CBT)</b> TRAF-MED Private One-day Clinic, Katowice
2007-2008	<b>Therapist</b> Private Medical Centre “4Health”, Katowice

## AWARDS, SCHOLARSHIPS

October 2018	<b>Dean’s Award at the University of Social Sciences and Humanities for scientific activities</b>
October 2017	<b>Dean’s Award at the University of Social Sciences and Humanities for particular contribution to Katowice Faculty of Psychology development</b>
January 2017	<b>Bursary – <i>The 13<sup>th</sup> London International Eating Disorders Conference.</i></b> British Journal of Hospital Medicine and MA Healthcare Limited
October 2016	<b>Rector’s Award at the SWPS University of Social Sciences and Humanities for scientific activities</b>
March 2016	<b>The Erasmus+ grant for Staff Mobility for Teaching Assignments</b> University of Nantes, France
January 2015	<b>Bursary – <i>The 12<sup>th</sup> London International Eating Disorders Conference.</i></b> MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede service for eating disorders, London.
October 2014	<b>Rector’s Award at the University of Social Sciences and Humanities for scientific activities</b>
October 2013	<b>Rector’s Award at the University of Social Sciences and Humanities for scientific activities</b>
October 2013	<b>Dean’s Award at the University of Social Sciences and Humanities (Campus in Katowice) for teaching methods</b>
March 2013	<b>Winner of the competition that appointed the outstanding young Polish scientists whose profiles were presented in the bilingual publication of Young Scientists.</b> 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 (Poland).
December 2012	<b>Bursary – <i>The 11<sup>th</sup> London International Eating Disorders Conference.</i></b> MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede service for eating disorders, London.
October 2012	<b>Laureate of the “Mentoring” Programme awarded by the Foundation for Polish Science</b>

- 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 in Poland.
- 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 in Poland.
- 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 **Rector’s Distinction the University of Silesia for outstanding academic achievements**
- June 2009 **Grant for young researchers – The Fourth Statistical Days at the University of Luxembourg - 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 **Rector’s Award at the University of Silesia for scientific and research activities**
- July 2007 **Grant for young researchers – The third Statistical Days at the University of Luxembourg - 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 **Scholarship for young scientists – The 10<sup>th</sup> European Congress of Psychology.** Congress Assistance Program (CAPF), European Federation of Psychologists’ Associations and Federation of Swiss Psychologists
- October 2006 **Rector’s Award at the University of Silesia for a distinguished doctoral dissertation**
- 2002-2005 **French Government PhD scholarship** (Cotuelle)

<b>RESEARCH GRANTS (PRINCIPAL INVESTIGATOR)</b>
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- 2019-2022 *Impact of negative affect on eating behavior: verification of two potential pathways in laboratory and ecological settings*  
National Science Center (NCN), Poland  
HARMONIA 10 (no 2018/30/M/HS6/00022)

- 2018-2019 *Objective measurement of physical activity and sleep in natural settings*  
Fund for the Development of Scientific Research, SWPS University of Social Sciences and Humanities, Warsaw
- 2018-2019 *The Multicenter Orthorexia Nervosa Assessment Project (MONAP): a prospective study of dietary patterns and lifestyle*  
Funds from Ministry of Science and Higher Education, Poland (no 1566 BST/WZK/2018/A/01)
- 2017-2018 *Assessment of rumination and eating behaviors in daily life among individuals with differential food preferences: a pilot study*  
National Science Center (NCN) in Poland  
MINIATURA 1 (no 2017/01/X/HS6/00007).
- 2017-2018 *Use of accelerometers and body composition analyzer to monitor daily physical activity and body parameters (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 (ID: 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 (ID: 1/2015/WZK)*  
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2013 *Orthorexia – an obsession with healthy eating. Evaluation of orthorexic behaviours among Polish women and men.*  
Polish National Center for Eating Disorders
- 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
- 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

## RESEARCH GRANT (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 (no 2017/01/X/HS6/00007).

## INTERNATIONAL RESEARCH PROJECTS

2013-2014 *Body image in Quebec and Europe: the impact of culture*  
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

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

## INTERNATIONAL COLLABORATION ACTIVITIES

From 2019 **Independent expert consultant (the Project Peer Reviewer) of the Science Fund of the Republic of Serbia**  
**Member of the ACP2020 (The Asian Conference on Psychology & the Behavioral Sciences) Review Committee**

From 2017 **Member of the international research team The Orthorexia Nervosa Task Force (ON-TF)**  
**Member of the International Investigation of Parental Burnout (IIPB) consortium**

2014-2019 Università del Piemonte Orientale “Amedeo Avogadro”, Novara, Italy  
Institute of Psychiatry (Dr. Carla Gramaglia, Prof. Patrizia Zeppegno)  
Consortium member  
Leader (principal investigator) of the Polish team  
Project on personality features and their relationship with orthorexia nervosa and eating disordered attitudes in patients with anorexia nervosa and healthy individuals: a transcultural comparison

- 2013-2018 „La Sapienza” Università di Roma, Italy  
 Department of Experimental Medicine  
 Medical Pathophysiology, Food Science and Endocrinology Section  
 Food Science and Human Nutrition Research Unit (Prof. Lorenzo Maria Donini)  
 Consortium member  
 Leader (principal investigator) of the Polish team  
 Project on orthorexia nervosa
- September 2013 **Postdoctoral training**  
 University Hospital of Lausanne, Switzerland  
 Research Unit of the Department of Child and Adolescent Psychiatry  
 (Blaise Pierrehumbert, Ph.D., Privat Docent)  
 Participation in meetings and discussions related to developmental problems of childhood and adolescence (e.g., attachment difficulties, child deprivation)
- May 2013 **Postdoctoral training**  
 University Hospital of Lausanne, Switzerland  
 Research Unit of the Department of Child and Adolescent Psychiatry  
 (Blaise Pierrehumbert, Ph.D., Privat Docent)  
 Participation in meetings and discussions related to the mentalisation and mentalizing theory
- 2012-2014 Université du Québec à Trois-Rivières, Canada  
 Department of Educational Sciences (Prof. Johana Monthuy-Blanc)  
 Consortium member  
 Leader (principal investigator) of the Polish team  
 International project on body image (Canada-Belgium-Poland)
- 2012-2014 University of Leuven (Katholieke Universiteit Leuven), Belgium  
 Faculty of Kinesiology and Rehabilitation Science and the University Psychiatric Centre KU Leuven, campus Kortenberg (Prof. Michel Probst)  
 Consortium member  
 Leader (principal investigator) of the Polish team  
 International project on body image (Canada-Belgium-Poland)
- December 2012 **Postdoctoral training**  
 University Hospital of Lausanne, Switzerland  
 Research Unit of the Department of Child and Adolescent Psychiatry  
 (Blaise Pierrehumbert, Ph.D., Privat Docent)  
 Participation in meetings and discussions in regard of the attachment styles and childhood obesity.
- March 2012 **Postdoctoral training**  
 University of Leuven (Katholieke Universiteit Leuven), Belgium  
 Faculty of Kinesiology and Rehabilitation Science and the University Psychiatric Centre KU Leuven, campus Kortenberg (Unit Eating Disorders; Prof. Michel Probst)  
 Participation in therapy sessions, seminars, meetings and discussions in regard of the rehabilitation of eating disorders.

- 2007-2010      **Member of the PhD Admissions Board**  
 Doctoral Thesis: *The biopsychosocial model of eating disorders: the contribution of family.*  
 University of Luxembourg, Luxembourg  
 PhD thesis Director: prof. Georges Steffen
- 2007-2008      **Review of doctoral project** (*une bourse de formation-recherche*) entitled *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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- 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      *Eating-related behavior and its determinants: theory and research.* Invited lecture given at the **Department of Psychology, Stanford University** (USA)  
*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)

<b>JOURNAL REVIEW ACTIVITIES</b>
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- From 2015      **Member of the editorial board** of the *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*
- 2020      **Reviewer**  
*Appetite, Eating and Weight Disorders, Ecology of Food and Nutrition, Psychology, Health & Medicine, Nutrients, Perspectives in Psychiatric Care, Psychiatria Polska* (Polish Psychiatry)
- 2019      **Reviewer**  
*Appetite, Eating Behaviors, Children and Youth Services Review, Eating and Weight Disorders, International Journal of Environmental Research and Nutrients, Public Health, Perspectives in Psychiatric Care*
- 2018      **Reviewer**  
*Children and Youth Services Review, Clinical Obesity, Eating and Weight Disorders*
- 2017      **Reviewer**  
*Eating and Weight Disorders, Eating Behaviors, Health Psychology Report, Polskie Forum Psychologiczne* (Polish Psychological Forum)
- 2016      **Reviewer**  
*BMC Psychiatry, Eating and Weight Disorders, Nutritional Journal, Polish Psychological Bulletin, The Spanish Journal of Psychology*



- 2015 **Reviewer**  
*Appetite, Applied Psychology: Health and Well-Being, Body Image, Eating and Weight Disorders, Ecology of Food and Nutrition, Journal of Obsessive-Compulsive and Related Disorders, Nutrition Journal, Psychiatria i Psychologia Kliniczna (Journal of Psychiatry and Clinical Psychology), Psychiatria Danubina, Psychiatria Polska (Polish Psychiatry)*
- 2014 **Reviewer**  
*Eating and Weight Disorders, Ecology of Food and Nutrition, Nutrition Journal, Psychiatria Danubina, Polish Psychological Bulletin, Psychologia Jakości Życia (The Psychology of Quality of Life)*
- 2013 **Reviewer**  
*BMC Women's Health, Psychologie Française, Psychology of Language and Communication, Psychologia Jakości Życia*
- 2012 **Reviewer**  
*BMC Pregnancy and Childbirth, Applied Psychology: Health and Well-Being, Psychologia Jakości Życia (The Psychology of Quality of Life)*
- 2009 **Reviewer**  
*Endokrynologia, Otyłość i Zaburzenia Przemiany Materii (Endocrinology, Obesity and Metabolic Disorders)*

<b>PUBLICATIONS</b>
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### PEER-REVIEWED ARTICLES

#### ARTICLES IN ENGLISH

- Brytek-Matera A.** (2020). Interaction between vegetarian versus omnivorous diet and unhealthy eating patterns (orthorexia nervosa, cognitive restraint) and body mass index in adults. *Nutrients*, 12(3), 646. doi: 10.3390/nu12030646 [IF = 4.171/2019]
- Czeczor-Bernat K., **Brytek-Matera A.** (2020) The impact of food-related behaviours and emotional functioning on body mass index in an adult sample. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity* doi: 10.1007/s40519-020-00853-3 [IF = 2.73/2018]
- Kornacka M., Czeczor-Bernat K., Napieralski P., **Brytek-Matera A.** (2020). Rumination, mood and maladaptive eating behaviours in overweight and healthy populations. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. doi: 10.1007/s40519-020-00857-z [IF = 2.73/2018]
- Brytek-Matera A.** (2019). Vegetarian diet and orthorexia nervosa: a review of the literature. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. <https://doi.org/10.1007/s40519-019-00816-3> [IF = 2.73/2018]
- Brytek-Matera A.**, Czeczor-Bernat K., Jurzak H., Kornacka M., Kołodziejczyk N. (2019). Strict health-oriented eating patterns (orthorexic eating behaviours) and their connection with a vegetarian and vegan diet. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 24(3), 441-452. [IF = 2.73/2018]
- Cena H., Barthels F., Cuzzolaro M., Bratman S., **Brytek-Matera A.**, Dunn T., Varga M., Missbach B., Donini L.M. (2019). Definition and diagnostic criteria for orthorexia nervosa: a narrative

- review of the literature. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 24(2), 209-246. [IF = 2.73/2018]
- Czepczor-Bernat K., **Brytek-Matera A.** (2019). Children's and mothers' perspectives of problematic eating behaviours in young children and adolescents: an exploratory study. *International Journal of Environmental Research and Public Health*, 16(15), 2692. [IF = 2.468/2018]
- Czepczor-Bernat K., **Brytek-Matera A.**, Gramaglia C., Zeppego P. (2019). The moderating effects of mindful eating on the relationship between emotional functioning and eating styles in overweight and obese women. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. <https://doi.org/10.1007/s40519-019-00740-6>. [IF = 2.73/2018]
- Gramaglia C., Gambaro E., Delicato C., Marchetti M., Sarchiapone M., Ferrante D., Roncero M., Perpiñá C., **Brytek-Matera A.**, Wojtyna E., Zeppego, P. (2019). Orthorexia nervosa, eating patterns and personality traits: a cross-cultural comparison of Italian, Polish and Spanish university students. *BMC Psychiatry*, 19, 235. [IF = 2.666/2018]
- Brytek-Matera A.**, Czepczor-Bernat K., Olejniczak D. (2018). Food-related behaviours among individuals with obesity and normal body weight individuals. *Nutrition Journal*, 17, 93. <https://doi.org/10.1186/s12937-018-0401-7>. [IF = 3.592/2018]
- Brytek-Matera A.**, Gramaglia C., Gambaro E., Delicato C, Zeppego P. (2018). The psychopathology of body image in orthorexia nervosa. *Journal of Psychopathology*, 24, 133-140.
- Olejniczak D., Bugajec D., Staniszevska A., Panczyk M. Kielan A., Czerw A., Mańczuk M., Juszczyk G., Skonieczna J., **Brytek-Matera A.** (2018). Risk assessment of night-eating syndrome occurrence in women in Poland, considering the obesity factor in particular. *Neuropsychiatric Disease and Treatment*, 14, 1521-1526. [IF = 2.228/2018]
- Brytek-Matera A.**, Fonte M.L., Poggiogalle E., Donini L.M., Cena H. (2017). Orthorexia nervosa: relationship with obsessive-compulsive symptoms, disordered eating patterns and body uneasiness among Italian university students. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 22(4), 609-617. [IF = 2.154/2017]
- Brytek-Matera A.**, Czepczor K. (2017). Models of eating disorders: a theoretical investigation on abnormal eating patterns and body image disturbance. *Archives of Psychiatry and Psychotherapy*, 1, 16-26.
- Brytek-Matera A.**, Rogoza, Czepczor-Bernat K. (2017). The Three-Factor Eating Questionnaire-R18 Polish version: factor structure analysis among normal weight and obese adult women. *Archives of Psychiatry and Psychotherapy*, 3, 81-90.
- Czepczor K., Kościcka K., Gebauer R., **Brytek-Matera A.** (2017). Ideal body stereotype internalisation and sociocultural attitudes towards appearance: a preliminary cross-national comparison between Czech, Polish and American women. *Archives of Psychiatry and Psychotherapy*, 4, 57–65.
- Gramaglia C., **Brytek-Matera A.**, Rogoza R., Zeppego P. (2017). Orthorexia and anorexia nervosa: two distinct phenomena? A cross-cultural comparison of orthorexic behaviours in clinical and non-clinical samples. *BMC Psychiatry*, 17, 75. [IF = 2.419/2017]
- Olejniczak D., Bugajec D., Panczyk M., **Brytek-Matera A.**, Religioni U., Czerw A., Grąbczewska A., Juszczyk G., Jabłowska-Górecka K, Staniszevska A. (2017). Analysis concerning nutritional behaviors in the context of the risk of orthorexia. *Neuropsychiatric Disease and Treatment*, 13, 543–550. [IF = 2.195/2017]

- Brytek-Matera A.**, Rogoza R. (2016). The Polish version of the Body Image Avoidance Questionnaire: an exploratory structural equation modeling approach. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 21(1), 65-72. [IF = 1.254/2015]
- Czepczor K., Kościcka K., **Brytek-Matera A.** (2016). Students' awareness of and attitudes towards eating disorders: preliminary study. *Archives of Psychiatry and Psychotherapy*, 18(1), 48-54.
- Rogoza R., **Brytek-Matera A.**, Garner D.M (2016). Analysis of the EAT-26 in a non-clinical sample. *Archives of Psychiatry and Psychotherapy*, 2, 54-58.
- Brytek-Matera A.**, Rogoza R., Gramaglia C., Zeppegno P. (2015). Predictors of orthorexic behaviours in patients with eating disorders: a preliminary study. *BMC Psychiatry*, 15(1), 252.[IF = 2.576/2015]
- Brytek-Matera A.**, Donini M.L., Krupa M., Poggiogalle E., Hay P. (2015). Orthorexia nervosa and self-attitudinal aspects of body image in female and male university students. *Journal of Eating Disorders*, 3:2.
- Brytek-Matera A.**, Kozieł A. (2015). The body self-awareness among women practicing fitness: a preliminary study. *Polish Psychological Bulletin*, 46(1), 104-111.
- Brytek-Matera A.**, Rogoza R. (2015). Validation of the Polish version of the Multidimensional Body-Self Relations Questionnaire among women. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 20(1), 109-117. [IF = 1.254/2015]
- Brytek-Matera A.**, Krupa M., Poggiogalle E., Donini L.M. (2014). Adaptation of the ORTHO-15 test to Polish women and men. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 19(1), 69-76. [IF = 0,785/2014]
- Brytek-Matera A.**, Probst M. (2014). Psychometric properties of the Polish version of the Body Attitude Test. *Archives of Psychiatry and Psychotherapy*, 16(1), 39-46.
- Brytek-Matera A.**, Schiltz L. (2013). Comparative structural study of the configuration of coping strategies among female patients with eating disorders and a non-clinical control group. *Psychiatria Danubina*, 25(4), 359-365. [IF = 0,653/2013]
- Brytek-Matera A.** (2012). Orthorexia nervosa – an eating disorder, obsessive-compulsive disorder or disturbed eating habit? *Archives of Psychiatry and Psychotherapy*, 14(1), 55-60.
- Brytek-Matera A.** (2012). The relationship between body image disturbance and coping with stress in patients suffering from anorexia nervosa. *Polish Psychological Bulletin*, 43(4), 255-262.
- Brytek-Matera A.** (2011). Exploring the factors related to body image dissatisfaction in the context of obesity. *Archives of Psychiatry and Psychotherapy*, 13(1), 63-70.
- Brytek-Matera A.**, Rybicka-Klimczyk A. (2011). Evaluation of body image among female with anorexia readiness syndrome. *Archives of Psychiatry and Psychotherapy*, 13(3), 11-19.
- Brytek-Matera A.**, Schiltz L. (2011). Association between attitudes towards body image, negative emotions about one's own body and self-state representations in a clinical sample of eating disordered women. *Archives of Psychiatry and Psychotherapy*, 13(2), 37-43.
- Brytek-Matera A.** (2010). Psychological predictors of body image dissatisfaction in women suffering from eating disorders. *Bulletin de la Société des Sciences Médicales du Grand Duché de Luxembourg*, 1(1), 181-191.
- Schiltz L., Maugendre M., **Brytek-Matera A.** (2010). The influence of music on pictorial expression of young women. *Bulletin de la Société des Sciences Médicales du Grand Duché de Luxembourg*, 1(1), 167-179.
- Brytek-Matera A.**, Schiltz L. (2009). A cross-cultural examination of the relationship between negative mood states, body image and eating disorders. *Bulletin de la Société des Sciences Médicales du Grand Duché de Luxembourg*, 1, 11-25.

- Brytek-Matera A.** (2007). Anorexia nervosa among French adolescent females in relation to self-esteem, coping strategies, anger expression and anger control. *Archives of Psychiatry and Psychotherapy*, 9(4), 53-57.
- Brytek-Matera A.** (2008) Anorexia nervosa and emotional symptoms: a cross-cultural study. *Archives of Psychiatry and Psychotherapy*, 13(4), 39-46.
- Brytek-Matera A.** (2008). Dimensions of locus of control and the role of anger expression and anger control in women diagnosed with eating disorders: a pilot study. *Archives of Psychiatry and Psychotherapy*, 10(1), 49-53.
- Brytek-Matera A.** (2008). Mood and emotional symptoms in eating disordered patients. *Archives of Psychiatry and Psychotherapy*, 11(2), 65-71.

#### ARTICLES IN FRENCH

- Brytek-Matera A.**, Schiltz L. (2013). Capacités d'adaptation et fonctionnement défensif dans les troubles du comportement alimentaire. Étude structurale comparée basée sur le codage optimal. *Annales Médico-psychologiques*, 171(10), 673-679. [IF = 0,15/2013]
- Schiltz L., **Brytek-Matera A.** (2013). Obésité, régulation émotionnelle, estime de soi. Étude comparative et structurale à méthodologie quantitative et qualitative intégrée. *Évolution Psychiatrique*, 78, 625-640. [IF = 0,115/2013]
- Schiltz L., **Brytek-Matera A.** (2009). Stratégies d'ajustement et mécanismes de défense dans les troubles du comportement alimentaires. Résultats d'une étude exploratoire à méthodologie quantitative et qualitative intégrée. *Neuropsychiatrie de l'Enfance et de l'Adolescence*, 57(5), 335-343.
- Brytek-Matera A.** (2008). Détermination des facteurs prédictifs de l'anorexie mentale et de la boulimie nerveuse: une étude interculturelle. *Bulletin de la Société des Sciences Médicales du Grand Duché de Luxembourg*, 1, 91-109.

#### ARTICLES IN POLISH

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- Brytek-Matera A.** (2008). Poznan, Poland. *Negation of feminine sexuality and eating disorders*. National Congress of Polish Therapeutic Association: "Human sexuality in health and sickness". [Presentation in Polish]
- Brytek-Matera A.**, Spitz E., Bak-Sosnowska M., Kocelak P., Zahorska-Markiewicz B. (2008). Karlovy Vary, Czech Republic. *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".
- Bak-Sosnowska M., Zak-Golab A., **Brytek-Matera A.**, Kocelak P., Holecki M., Zahorska-Markiewicz B. (2008). Karlovy Vary, Czech Republic. *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".
- Zak-Golab A., Zahorska-Markiewicz B., Bulinski A., Cybulska D., Bak-Sosnowska M., Tomalski R., Kocelak P., Holecki M., **Brytek-Matera A.** (2008). Karlovy Vary, Czech Republic. *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".
- Brytek-Matera A.** (2008). Poznan, Poland. „*Obese*” self in anorexia nervosa patients - drive for thinness. The XXXIII Congress of Polish Psychological Association: "Live worthily...". [Presentation in Polish]
- Brytek-Matera A.** (2008). Berlin, Germany. *The role of self-discrepancy in eating disordered women's body image*. The XXIX International Congress of Psychology.
- Brytek-Matera A.** (2008). Berlin, Germany. *Subjective body experience and attitude toward one's body in patients with eating disorder*. The XXIX International Congress of Psychology.
- Brytek-Matera A.** (2008). Dabrowa Gornicza, Poland. *Body image in adolescence*. The 2<sup>nd</sup> Euroregional Conference: "Adolescence. Chances and threats. [Presentation in Polish]
- Brytek-Matera A.** (2007). Ustron, Poland. *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". [Presentation in Polish]
- Brytek-Matera A.**, Izydorczyk B. (2007). Ustron, Poland. *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". [Presentation in Polish]

- Brytek A.** (2007). Prague, Czech Republic. *Body dissatisfaction among anorexic and bulimic patients*. The 10<sup>th</sup> European Congress of Psychology: “Mapping of psychological knowledge for society”.
- Brytek A., Spitz E.** (2007). Prague, Czech Republic. 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”.
- Brytek A.** (2007). Luxembourg, Luxembourg. *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”.
- Brytek A., Schiltz L.** (2007). Luxembourg, Luxembourg. *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”.
- Brytek A., Spitz E.** (2007). Toulouse, France. *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”.
- Brytek A.** (2007). Opole, Poland. *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”. [Presentation in Polish]
- Brytek A.** (2007). Opole, Poland. *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”. [Presentation in Polish]
- Hess A., **Brytek A.** (2007). Opole, Poland. *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”. [Presentation in Polish]
- Brytek A.** (2006). Ustron, Poland. *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”. [Presentation in Polish]
- Brytek A., Izydorczyk B.** (2006). Ustron, Poland. *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”. [Presentation in Polish]
- Brytek A.** (2006). Warsaw, Poland. *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”. *Psychology and Health*, 21(1), 24.
- Brytek A.** (2006). Warsaw, Poland. *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”. *Psychology and Health*, 21(1), 25.
- Brytek A.** (2006). Cieszyn, Poland. *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”. [Presentation in Polish]
- Brytek A., Spitz, E., Vaillant, M.** (2005). Zakopane, Poland. *Threat to mental and public health: obesity pandemia. The problem of obesity in Europe*. International Scientific Conference: “Between health and illness. Social and psychological contexts”. [Presentation in Polish]

- Brytek A.** (2005). Zakopane, Poland. *The phenomenon of mobbing made a reference to an individual's mental health*. International Scientific Conference: "Between health and illness. Social and psychological contexts". [Presentation in Polish]
- Brytek A., Spitz E., Vaillant M.** (2005). Aix-en-Provence, France. *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".
- Brytek A.** (2004). Nancy, Metz, France; Mondorf-les-Bains, Luxembourg. *Mobbing: la violence mentale dans l'environnement de travail*. Congrès International: "Hommes & organisations: la santé au cœur des enjeux de l'entreprise".
- Brytek A.** (2004). Cracow, Poland. *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". [Presentation in Polish]
- Brytek A., Serein A-L., Spitz E.** (2003). Metz, France. *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".

## INVITED LECTURES (CONFERENCES)

### INVITED LECTURES IN POLISH

- Brytek-Matera A.** (2019). Lodz, Poland. *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.
- Brytek-Matera A.** (2018). Katowice, Poland. *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.
- Brytek-Matera A.** (2017). Katowice, Poland. *Orthorexia nervosa: clinical features, nosological dilemmas and diagnosis*. National Conference "Psychodietetics - understanding nutrition". Lecture given at the invitation of the Silesian Health Center.
- Brytek-Matera A.** (2016). Katowice, Poland. *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.
- Brytek-Matera A.** (2016). Zabrze, Poland. *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.
- Brytek-Matera A.** (2014). Poznan, Poland. *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.
- Brytek-Matera A.** (2012). Tarnowskie Gory, Poland. *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.
- Brytek-Matera A.** (2012). Lodz, Poland. *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.
- Brytek-Matera A.** (2012). Lublin, Poland. *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.

#### **INVITED LECTURE IN FRENCH**

**Brytek-Matera A.** (2013). Trois-Rivières, Canada. *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.

#### **INVITATED LECTURE IN ENGLISH**

**Brytek-Matera A.** (2018). Rome, Italy. *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).

<b>MEMBERSHIP</b>
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Academy for Eating Disorders

European Health Psychology Society

International Association of Applied Psychology

World Health Organization: Global Clinical Practice Network