



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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Please can you also add a picture of yourself



NAME: Simon Forstmeier

TITLE: Prof. Dr.

PROFESIONAL GROUPING: Psychologist, psychotherapist

WORK ADDRESS:

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PRESENT POSITION (e.g. Director of): Full Professor of Developmental Psychology, Vice-dean

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.): PhD and habilitation

PROFILE OF MEMBER:

My research focuses on clinical geropsychology. As a clinical psychologist, I am interested in mental disorders and psychotherapy in old age. I am conducting not only research in these areas, but also work as a psychotherapist on my own. In terms of disorders, major projects concern Alzheimer's disease, but I am also interested in stress-response syndromes such as Posttraumatic Stress Disorder, Adjustment Disorder, and Prolonged Grief.

In one of the Alzheimer projects (MoReA), we investigated how motivational processes are involved in the development and progress of Alzheimer's disease. The other Alzheimer project (CBTAC) is an intervention study in which we evaluated a comprehensive cognitive-behavioral treatment for people with mild Alzheimer's dementia and their caregiver.

In an additional project, we apply and evaluate a Life Review Therapy with older Israeli people with PTSD, depression and grief disorder. Other research has developed and applies a Delay of Gratification test for adults, a behavioral measure of self-control that also can be used with cognitively impaired individuals.

AREAS OF EXPERTISE:

- Clinical geropsychology and psychotherapy with the elderly (in particular Life Review Therapy)
- Psychological Alzheimer's research: Motivational reserve; CBT in early Alzheimer's patients
- Motivational and volitional processes in psychotherapy and psychosomatics.

KEY PUBLICATIONS (Max. 5):

Pfeifer, L., Horn, A. B., Maercker, A. & Forstmeier, S. (2017). Caregiver perception of apathy in persons with mild cognitive impairment or Alzheimer's disease: a longitudinal study. *Aging and Mental Health*, 21, 494-500.

Forstmeier, S. & Maercker, A. (2015). Motivational processes in mild cognitive impairment and Alzheimer's disease: results from the Motivational Reserve in Alzheimer's (MoReA) study. *BMC Psychiatry*, 15(1), 293.

Forstmeier, S., Maercker, A., Savaskan, E. & Roth, T. (2015). Cognitive behavioural treatment for mild Alzheimer's patients and their caregivers (CBTAC): study protocol for a randomized controlled trial. *Trials*, 16(1), 526.

Pinquart, M. & Forstmeier, S. (2012). Effects of reminiscence interventions on psychological outcomes: A meta-analysis. *Aging and Mental Health*, 16, 541-558.

Forstmeier, S., Maercker, A., Maier, W., van den Bussche, H., Riedel-Heller, S., Kaduszkiewicz, H., Pentzek, M., Weyerer, S., Bickel, H., Tebarth, F., Lupp, M., Wollny, A., Wiese, B., & Wagner, M. (2012). Motivational Reserve: Motivation-Related Occupational Abilities and Risk of Mild Cognitive Impairment and Alzheimer Disease. *Psychology and Aging*, 27, 353-363.

RELEVANT RESEARCH ACTIVITY:

Please indicate for past 5 years only (i) Grants Awarded: Names of investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or completed date.

Simon Forstmeier (PI), Danny Brom, Martin Auerbach, Elisheva van der Hal; 2017-2020; Life Review Therapy for Holocaust Survivors (LRT-HS): A randomized, controlled trial; Deutsche Forschungsgemeinschaft (German Research Foundation)

Simon Forstmeier (Co-PI), Rainer Brück (Co-PI); 2017-2018; Technological support of attentional regulation at PC workplaces for older people; Landesmittel

Simon Forstmeier, Sacha Beck; 2012-2015; Predictors of the conversion from subjective memory impairment and mild cognitive impairment to dementia, Vifor Pharma Switzerland

Simon Forstmeier (PI), Andreas Maercker, Egemen Savaskan, Tanja Roth; 2010-2015; Cognitive-behavioral treatment for patients with mild Alzheimer's dementia: A randomized controlled trial; Swiss National Science Foundation.

Simon Forstmeier, Andreas Maercker; 2009-2015; Motivational Reserve as protective psychological factor in mild Alzheimer's dementia and mild cognitive impairment; Swiss National Science Foundation, Velux Foundation, Tropos Foundation, and Kurt Fries Foundation.

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

Life Review Therapy for Holocaust Survivors (LRT-HS)

Technological support of attentional regulation at PC workplaces for older people

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

Cooperating in studies on psychosocial (in particular psychotherapeutic) interventions for people with dementia and their caregivers