

Contact

Prof. Dr. Ulrike Gisch, née Ruzanska
Professor of Nutritional Psychology (Psychologist, Psychotherapist in training)
Department of Nutritional Science
University of Giessen
Senckenbergstrasse 3
35390 Giessen, Germany
Tel: +49 641 99 39100
Fax: +49 641 99 39109
Mail: ulrike.gisch@ernaehrung.uni-giessen.de
Orcid ID: <https://orcid.org/0000-0002-5431-1221>

Current positions

Since 2023	Professor, Chair of Nutritional Psychology (Tenure Track), Department of Nutritional Science, University of Giessen, Germany
Since 2023	Guest scientist, Department of Counseling Psychology, University of Potsdam, Germany
Since 2018	Psychotherapist in training (Psychodynamic Psychotherapy (TP)), Psychologische Hochschule Berlin

Past positions

2021 – 2023	Guest scientist, Department of Psychiatry and Psychotherapy and Department of Emergency Medicine, Campus Benjamin Franklin, Charité Universitätsmedizin Berlin
2015 – 2023	Researcher, Department of Counseling Psychology, University of Potsdam, Germany
2020	Guest scientist, EREN (Nutritional Epidemiology Research Team), Inserm 1153 / Inra 1125 / Cnam/ Université de Paris / Paris 13 / Université Sorbonne Paris Nord, France
2019 – 2021	Researcher, Department of Psychiatry and Psychotherapy and Department of Emergency Medicine, Campus Benjamin Franklin, Charité Universitätsmedizin Berlin, Germany
2014	Researcher, Institute of Social Medicine, Occupational Health and Public Health, University of Leipzig, Germany

Publications

2024

- Robert, M., Allès, B., **Gisch, U. A.**, Shankland, R., Hercberg, S., Touvier, M., Leys, C., & Péneau, S. (2024). Cross-sectional and longitudinal associations between self-esteem and BMI depends on baseline BMI category in a population-based study. *BMC Public Health*, 24, 230. <https://doi.org/10.1186/s12889-024-17755-z>

2023

- Wortmann, H. R., **Gisch, U. A.**, Jannasch, F., Knüppel, S., Bergmann, M., & Warschburger, P. (2023). Dyadic analysis of the relationship between food neophilia and dietary quality among older heterosexual couples: Findings from the NutriAct Family Study. *Food Quality and Preference*, 110, 104952. <https://doi.org/10.1016/j.foodqual.2023.104952>
- Warschburger, P., Wortmann, H. R., Walter, L. P., Bergmann, M. M., & **Gisch, U. A.** (2023). Stability and longitudinal association between Body Mass Index and maladaptive eating behaviors in older adults: Results from the NutriAct Family Study (NFS). *Eating Behaviors*, 50, 101778. <https://doi.org/10.1016/j.eatbeh.2023.101778>
- Wortmann, H. R., **Gisch, U. A.**, Bergman, M. M., & Warschburger, P. (2023). Exploring the Longitudinal Stability of Food Neophilia and Dietary Quality and Their Prospective Relationship in Older Adults: A Cross-Lagged Panel Analysis. *Nutrients*, 15, 1248. <https://doi.org/10.3390/nu15051248>

2022

- Warschburger, P., Wortmann H. R., **Gisch U. A.**, Baer, N.-R., Schenk, L., Anton, V., & Bergmann, M. M. (2022). An experimental approach to training interoceptive sensitivity: Study protocol for a pilot randomized controlled trial. *Nutrition Journal*, 21:74. <https://doi.org/10.1186/s12937-022-00827-4>
- **Gisch U. A.**, Ahlers, E., Lee, D., Heuser-Collier, I., & Somasundaram, R. (2022). A new volunteer program to enhance the quality of emergency department care for older patients with cognitive dysfunction. *Geriatric Nursing*, 48, 94-102. <https://doi.org/10.1016/j.gerinurse.2022.09.001>
- **Gisch, U. A.**, Robert, M., Berlin, N., Nebout, A., Etilé, F., Teyssier, S., Andreeva, V. A., Hercberg, S., Touvier, M., & Péneau, S. (2022). Mastery is associated with weight status, food intake, snacking and eating disorder symptoms in the NutriNet-Santé cohort study. *Frontiers in Nutrition*, 9:871669. <https://doi.org/10.3389/fnut.2022.871669>
- Robert, M., Allès, B., **Gisch, U. A.**, Shankland, R., Hercberg, S., Touvier, M., Leys, C., & Péneau, S. (2022). Les associations transversales et longitudinales entre l'estime de soi et l'IMC dépendent de la catégorie d'IMC initiale dans la cohorte NutriNet-Santé. *Nutrition Clinique et Métabolisme*, 36, S87. <https://doi.org/10.1016/j.nupar.2021.12.171>
- **Gisch, U. A.** & Warschburger, P. (2022). IES-2. Intuitive Eating Scale-2 – deutsche Version [Verfahrensdokumentation, Fragebogen und Auswertungssyntax]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID.

2021

- Wortmann, H. R., **Gisch, U. A.**, & Warschburger, P. (2021). Psychometric evaluation of the German version of the Variety Seeking Tendency Scale (VARSEEK). *Food Quality and Preference*, 94, 104319. <https://doi.org/10.1016/j.foodqual.2021.104319>

- Schindke, C.*, **Gisch, U. A.*** & Gumz, A. (2021). Wie sollte Yoga in der Therapie der Anorexia nervosa ausgeführt werden? Eine qualitative Pilotstudie zu hilfreich erlebten Yoga-Strategien aus Sicht von Patientinnen [How Should Yoga in Anorexia Nervosa Treatment be Applied? A Qualitative Pilot Study on Yoga Strategies Perceived to be Beneficial from Patients' Perspective]. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 71(11), 446-455. <https://doi.org/10.1055/a-1390-4450> *geteilte Erstautorenschaft

2020

- **Ruzanska, U. A.**, & Warschburger, P (2020). How is intuitive eating related to self-reported and laboratory food intake in middle-aged adults? *Eating Behaviors*, 101405. <https://doi.org/10.1016/j.eatbeh.2020.101405>

2019

- **Ruzanska, U. A.** & Warschburger, P. (2019). Intuitive eating mediates the relationship between self-regulation and BMI - Results from a cross-sectional study in a community sample. *Eating Behaviors*, 33, 23–29. <https://doi.org/10.1016/j.eatbeh.2019.02.004>

2018

- Schwingshackl, L., **Ruzanska, U.**, Anton, V., Wallroth, R., Ohla, K., Knüppel, S., Schulze, M. B., Pischon, T., Deutschbein, J., Schenk, L., Warschburger, P., Harttig, U., Boeing, H. & Bergmann, M. M. (2018). The NutriAct Family Study: a web-based prospective study on the epidemiological, psychological and sociological basis of food choice. *BMC Public Health*, 18, 963. <https://doi.org/10.1186/s12889-018-5814-x>

2017

- **Ruzanska, U. A.** & Warschburger, P. (2017). Psychometric evaluation of the German version of the Intuitive Eating Scale-2 in a community sample. *Appetite*, 117, 126-134. <https://doi.org/10.1016/j.appet.2017.06.018>

2014

- Stein, J., Luppä, M., **Ruzanska, U.**, Sikorski, C., Koenig, H. H. & Riedel-Heller, S. G. (2014). Measuring negative attitudes towards overweight and obesity in the German population - Psychometric properties and reference values for the German short version of the Fat Phobia Scale (FPS). *PlosOne*, 9(12):e114641. <https://doi.org/10.1371/journal.pone.0114641>

Akademic administration

- Deputy Chairwomen, Local Ethics Committee, FB09, JLU (since 2023)
- Faculty Board, FB09, JLU (since 2023): Nutritional Science (Deputy)

Media

- Magazine: Spektrum, 08.01.2024, "[Neujahrsvorsätze: Dieses Jahr nehme ich wirklich ab!](#)"

- Magazine: Schrot & Korn, 10.01.2024, "[Anders essen: Warum es so schwer ist, am eigenen Speiseplan zu rütteln und wie eine Ernährungsumstellung trotzdem gelingen kann](#)"
- Newspaper: Neue Zürcher Zeitung, 16.11.2023, "[Ist es Hunger oder Stress? Viele Menschen trösten sich mit Essen. Das hat negative Folgen – aber es gibt Lösungen](#)"
- Newspaper: Stuttgarter Zeitung, 14.11.2023, "[Fleischverzicht - Liegt Vegetarier-Sein in den Genen?](#)"
- Radio: Deutschlandfunk Nova, 24.08.2023, "[Förderung von nachhaltiger Ernährung durch das \(Nicht-\)Kennzeichnen von veganen und vegetarischen Produkten auf Speisekarten](#)" (22:39 - 28:06)
- Radio: WDR 5 (Quarks), 04.03.2020, "[Interview zum intuitiven Essverhalten](#)" (17:28 – 41:14)
- TV: WDR (Quarks), 06.08.2019, "[Interview im Quarks Ernährungsexperiment: Essen ohne Reue](#)"

Adhoc reviews

- Appetite
- Applied Psychology: Health and Well-being
- BMC Psychology
- BMC Public Health
- Body Image
- British Journal of Health Psychology
- British Journal of Nutrition
- Eating and Weight Disorders
- Eating Behaviors
- ErnährungsUmschau
- European Journal of Clinical Nutrition
- Evaluation & the Health Professions
- Healthcare
- Mindfulness
- Nutrients
- Nutrition Journal
- Psychotherapie
- Public Health Nutrition
- Scientific Reports

Memberships

- German Nutrition Society (DGE)
- German Obesity Society (DAG)

- Deutsche PsychotherapeutenVereinigung (DPtV)
- Deutsche Fachgesellschaft für Tiefenpsychologisch fundierte Psychotherapie/Psychodynamische Psychotherapie (DFT)
- German Association of University Professors and Lecturers (DHV)