



Vilnius
University

2025

ANNUAL REPORT



CENTER FOR PSYCHOTRAUMATOLOGY

Faculty of Philosophy
Institute of Psychology
Vilnius University

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2025

IN NUMBERS

Our team attracted more than **1 mln. EUR** in external grant funding.

1 doctoral dissertation.
12 master and bachelor theses in psychology.

PTC team co-authored **10** scientific publications in 2025.

We were working on **5** research projects.

Year in Review

The year 2025 was another active and productive year for the Center for Psychotraumatology. The team at the Center was engaged in research, dissemination, and advocacy for psychotraumatology.

The team has been actively engaged in testing the outcomes of the novel chatbot intervention for youth in collaboration with the WHO within the HORIZON Europe project. Dr. Gelezelyte was leading the RCT evaluating the efficacy of the digital SPRING intervention for PTSD in collaboration with the Cardiff University team. Dr. Zelviene was leading the child and adolescent research program at the center with various international activities with teams from Denmark, Germany, Switzerland, and Norway.

The new developments in the center were associated with the growing collaboration with local organizations working in the field of abuse and trauma, as well as the Ministry of Health. The team at the Center is actively responding to the growing need for evidence-based knowledge on the assessment and treatment of stress and trauma-related disorders. The new postdiploma program was developed, and we expect to launch more trainings to disseminate knowledge in the country in the upcoming years.

Overall, the year was fruitful and exciting. Unfortunately, threats and conflicts are growing in the World, and the need for expertise in psychotraumatology is highly needed. The team at the Center, in line with the mission of our Center, is contributing to knowledge building and working hard to translate research knowledge into community services.

*Prof. Dr. Evaldas Kazlauskas
Head of Center for Psychotraumatology
Vilnius University*

About the Center



The Center for Psychotraumatology, led by Prof. E. Kazlauskas at Vilnius University, conducts multidisciplinary research in the field of psychotraumatology and disseminates evidence-based knowledge on trauma-informed care to society. The team at the Center has expertise in research on resilience and risk factors of trauma and stress-related disorders, development and implementation of psychosocial interventions for stress-related disorders. The Center has a wide network of collaborators nationally and internationally.

MISSION

Acknowledgment of the effects of trauma and stress on individuals and society by providing evidence-based knowledge for the advancement of trauma-informed care.

VISION

To be the leading psychotraumatology excellence center in the region.

Meet Our Team



Evaldas Kazlauskas, PhD, Professor, Team Leader

Center of Psychotraumatology is led by professor of clinical psychology and psychotraumatology Dr. Evaldas Kazlauskas. Prof. Kazlauskas has published over 100 scientific publications on stress and trauma. He is currently a Vice-Dean for Research and the Faculty of Philosophy, a full member of the Lithuanian Academy of Sciences, Board member of the International Society for Traumatic Stress Studies (ISTSS), a Past-President of the European Society for Traumatic Stress Studies (2022-2023), Past-President of the Lithuanian Psychological Association (2010-2016), one of the founders and board member of the Lithuanian Society for Traumatic Stress. His main professional interests focus on the effects of trauma and life stressors on mental health, and development and outcomes of digital psychosocial interventions.

Paulina Želvienė, PhD, Associate Professor, Senior Researcher, Research Group Leader

Paulina Želvienė is a clinical psychologist, a member of the Board of the Lithuanian Trauma Psychology Association (LTPA), President of the EMDR Lithuania Association, a member of the EMDR Europe Scientific Committee, and an alumnus of the office of the Lithuanian Young Academy of Sciences (LMAJA). Her scientific interests are children and adolescent psychotraumatology, and traumatization recognition in young children. Paulina Želvienė is currently leading the projects HACHI, STAR-A, PROACT. She is currently involved in the Horizon Europe project ADVANCE.



Odeta Geleželytė, PhD, Associate Professor, Senior Researcher, Research Group Leader

Odeta Geleželytė is a clinical psychologist, the president of the Lithuanian Society for Traumatic Stress, and the board secretary of the European Society for Traumatic Stress Studies. Her main research interests are in the field of posttraumatic stress and complex trauma. Odeta is currently leading the project SPRING-LT. She has also been involved in the activities of the International Trauma Interview (ITI) Collaboration Group (www.iti-cptsd.com).



Meet Our Team



Austėja Dumarkaitė, PhD, Researcher

Austėja Dumarkaitė is a clinical psychologist with a PhD in social sciences (psychology). Her research interests include clinical psychology, psychotraumatology, and the efficacy of modern technology-based psychological interventions. She is currently involved in the Horizon Europe project ADVANCE.

Augustė Nomeikaitė, PhD, Researcher

Augustė Nomeikaitė is a clinical psychologist with a PhD in social sciences (psychology). Her areas of interest include clinical psychology, psychotraumatology, and internet-delivered interventions. Augustė is currently involved in the SPRING-LT and FOREST projects.



Agnietė Kairytė, PhD student

Agnietė Kairytė is a clinical psychologist and a final year PhD student at the Institute of Psychology, Vilnius University. Her areas of interest are developmental psychotraumatology, stress and resilience in adolescence, and complex posttraumatic stress. Her main research projects are STAR-A, HACHI and Horizon Europe project ADVANCE.

Meet Our Team



Greta Guogaitė, PhD student

Greta Guogaitė is a clinical psychologist and a 3rd-year PhD student at the Institute of Psychology, Vilnius University. Her research interests include clinical psychology, post-traumatic stress, and the effectiveness of internet-based interventions. Greta's main research project is SPRING-LT.

Livija Žiemienė, PhD student

Livija Žiemienė is a health psychologist and a 2nd-year PhD student at the Institute of Psychology, Vilnius University. Her research interests include clinical and health psychology, psychotraumatology, and the effectiveness of Internet-delivered interventions. Currently, Livija Žiemienė is involved in the Horizon Europe project ADVANCE.



Fadzai Munyuki, PhD student

Fadzai Munyuki is a clinical psychologist and a 2nd-year PhD student at the Institute of Psychology, Vilnius University. Her research focuses on anxiety, depression, suicidality, and help-seeking stigma, as well as the effectiveness of positive and negative affect micro interventions among youth in Zimbabwe and other low- and middle-income countries.



Meet Our Team



Ramunė Serapinė, Research Assistant

Ramunė Serapinė is a Master's student in Health Psychology at Vilnius University. Her research interests include clinical psychology, psychotraumatology, and the efficacy of modern technology-based psychological interventions. She is currently involved in the Horizon Europe project ADVANCE.

Jaunius Pisaravičius, IT Specialist

Jaunius Pisaravičius is a software systems developer with a Master's degree from Vilnius University, a Bachelor's degree in Philosophy from KU Leuven, Belgium, and a graduate of psychological counselling from the New School of Psychotherapy and Counselling in London, UK. He is currently involved in the Horizon Europe project ADVANCE.



DEFENDED DISSERTATIONS



2025 December 12 | Augustė Nomeikaitė defended her dissertation **“Factors Associated with Outcomes of an Internet-Delivered Stress Recovery Intervention for Health Care Workers”**. Supervisor prof. dr. Evaldas Kazlauskas, co-supervisor assoc. prof. dr. Odeta Geleželytė.

Meet Our Team

STUDENT INTERNS

Adomas Gražinis (July 2024 – May 2025)

Ema Pakelytė (July 2025 – August 2025)

STUDENTS

Currently, there are **5 Bachelor's** and **18 Master's** students supervised by our team engaged in various research projects at the Center for Psychotraumatology.

MASTERS STUDENTS

Emilija Kasperavičiūtė
Greta Karalevičiūtė
Greta Laukaitienė
Ramunė Serapinė
Ignas Barsulis
Aleksandra Šiaučiūnaitė
Ignas Tarabilda
Agnė Rakauskaitė
Beata Tiškevič

Eglė Subačiūtė
Gaila Matulytė
Jogailė Navickaitė
Ugnė Elkimavičiūtė
Laura Stanevičiūtė
Elzė Redeckī
Aistė Tunaitytė
Renata Klevickienė
Ema Pakeltytė

BACHELORS STUDENTS

Greta Nalivaikaitė
Jorigė Mazūraitė
Kotryna Kiudulaitė
Dovilė Stabrauskaitė
Emilija Volungė

In 2025, **12 students** supervised by the PTC team defended their bachelor's or master's theses in psychology at Vilnius University.

Staff Exchange

2 long-term research visits by team members

6 short-term research visits by team members to various academic and non-academic centers across Europe



VISITING RESEARCHERS AT CENTER FOR PSYCHOTRAUMATOLOGY IN VILNIUS

September 2025 | Dr. **Anton Kall** (Linköping University, Sweden)

October 2025 | Assoc. Prof. Dr. **Joanne Mouthaan** (Leiden University, the Netherlands)

October 2025 | Prof. Dr. **Markus Landolt** (University of Zurich, Switzerland)

November 2025 | PhD student **Alexandra Vogt** (University of Zurich, Switzerland)

Achievements



On the 12th of December 2025, **Augustė Nomakaitė** successfully defended her PhD thesis titled “Factors Associated with Outcomes of an Internet-Delivered Stress Recovery Intervention for Health Care Workers”.

The successful defense represents a significant academic achievement for the Center and contributes important evidence to the field of digital mental health, particularly regarding stress recovery interventions for health care professionals. The work strengthens the Center’s research profile and its commitment to advancing evidence-based solutions for occupational stress and well-being.

Main Research Projects

- **ADVANCE**, Addressing mental health vulnerabilities from adolescence to older age: Innovating prevention science for times of change | 2023-2028 | Horizon Europe
- **HACHI**, Happy childhood: Assessing traumatic stress in young children in a structured game | 2022-2025
- **STAR-A**, Stress and Resilience in Adolescence | 2019-2025
- **PROACT-CH**, Psychological well-being of social workers: risk and protective factors | 2024-2029
- **RESOURCE**, Adolescent mental health and daily functioning | 2025-2030
- **SPRING-LT**, Efficacy of guided internet-based intervention for posttraumatic stress | 2023-2026

Research Grants

Research and innovation project **"Addressing mental health vulnerabilities from adolescence to older age: innovating prevention science for times of change (ADVANCE)"** (2023-2028). Funded by Horizon Europe. Project No. 101080323. Main coordinator: University of Copenhagen. The team leader of WP2, Psychosocial Interventions for Youth, is Prof. Evaldas Kazlauskas.

Research project **"Digital technologies in psychotraumatology: The efficacy of an innovative web-based intervention for post-traumatic stress (SPRING-LT)"** (2023-2026). Funded by the Research Council of Lithuania, No. S-MIP-23-14. Principal investigator (PI) Assoc. Prof. O. Geleželytė.

Research project **"Happy Childhood: Assessment of Traumatic Stress in Young Children in a Structured Game (HACHI)"** (2022-2025). Funded by the Research Council of Lithuania, No. S-MIP-22-22. Principal investigator (PI) Assoc. Prof. P. Želvienė.

STUDENT INTERNSHIP GRANTS

The relationship between post-traumatic stress and daily functioning difficulties (2025 July-August), Funded by Research council of Lithuania, No. P-SV3-25-310. Budget 4000 Eur. Supervisor Assoc. Prof. P. Želvienė. Student Ema Pakeltytė.

International Collaborations

PTC is a member of the ARQ
Collaborative Europe Psychotrauma Centers Consortium

PTC core collaborators in 2025 were:

- Traumatic Stress Research Group, Cardiff University, UK
- Internet, Health and Clinical Psychology Research Group, Linköping University, Sweden
- Department of Clinical Psychology and Psychotherapy, Ruhr-Universität Bochum, Germany
- Norwegian Centre for Violence and Traumatic Stress Studies, University of Oslo
- ARQ Nationaal Psychotrauma Centre, The Netherlands
- Danish National Centre for Psychotraumatology, University of Southern Denmark
- Division of Clinical Psychopathology and Intervention, University of Zurich, Switzerland
- European Society for Traumatic Stress Studies



Other partners included collaborations with researchers from: University of Bern (Switzerland), World Health Organization (Switzerland), Macquarie University (Australia), Edinburgh Napier University (Scotland), Copenhagen University (Denmark), Uppsala University (Sweden), University of Vienna (Austria), University of Oslo (Norway), Catholic University of Eichstaett-Ingolstadt (Germany), Jaume I University (Spain).

Our Centre has been involved in the activities of the International Trauma Interview (ITI; www.iti-cptsd.com) Collaboration Group. Dr. Odetta Geleželytė and Prof. Evaldas Kazlauskas are members of the group.

National Collaborations



Gelbėkit vaikus

Save the Children Lithuania is a leading child-rights organization dedicated to ensuring the safety, well-being, and equal opportunities of every child across the country. The organization is led by General Director Laura Milčienė.



Valstybės vaiko teisių apsaugos ir įvaikinimo tarnyba

prie Socialinės apsaugos ir darbo ministerijos

State Child Rights Protection and Adoption Service under the Ministry of Social Security and Labour, Specialized Support Division for Children and Families.
Head of Division Agnė Marčiukaitienė.



Crisis Management Center, an organization operating on the principle of professional volunteering, providing high-quality psychological counseling services.
Director Kristina Lymantaitė.

Organized Events

- 2025 March 7 | 13th Vilnius Trauma Psychology Conference. Annual national Psychotraumatology conference with a broad overview of historic and new insights into the field. In collaboration with the Lithuanian Society for Traumatic Stress (LTPA).
- 2025 May 16 | 22nd Conference for Young Researchers in Psychology. Vilnius University, Institute of Psychology. G. Guogaitė (chair) and L. Žiemienė were members of the organizational committee.
- 2025 June 17 | 7th Annual Conference of Young Researchers in Psychotraumatology.
- 2025 June 12-15 | 18th biennial conference of the European Society for Traumatic Stress Studies (ESTSS) „Exploring New Approaches for Healing and Recovery in Times of Global Uncertainty and Extreme Stress“, Georgia. Odeta Geleželytė was a member of the Steering Committee.
- 2025 June 19-20 | ADVANCE's ("Addressing mental health vulnerabilities from adolescence to older age: innovating prevention science for times of change", EU Horizon Programme) Annual Meeting in Vilnius.



Publications

Kavaliauskas, P., Jasilionis, D., Kazlauskas, E., Smailyte, G. (2025). Differences in all-cause and death by suicide mortality between health care and other employees in Lithuania: a census-linked mortality follow-up study, 2011–19. *European Journal of Public Health*; ckaf123, <https://doi.org/10.1093/eurpub/ckaf123>

Zelviene, P., Gelezelyte, O., Elklit, A., Løkkegaard, S. S., & Kazlauskas, E. (2025). Behavioural Difficulties are Linked to Traumatization in Young Children: A Cross-Sectional Study in a Clinical Sample. *Clinical Child Psychology and Psychiatry*. <https://doi.org/10.1177/1359104525139810>

Wasmus, H., Fleck, L., Schmidt, T., Scheydt, S., Schirmbeck, F., Kazlauskas, E., Tol, W., & Reininghaus, U. (2025). Addressing youths' climate change-related distress: a qualitative study on the experience of burden, triggering and protective factors. *BMJ Mental Health*. 28:e301549. <https://doi.org/10.1136/bmjment-2025-301549>

Tur, C., Campos, D., Díaz-Sanahuja, L., Fernández-Buendía, S., Grimaldos, J., De la Coba-Cañizares, L., Kazlauskas, E., & Quero, S. (2025). Internet-Delivered Cognitive-Behavioral Therapy (iCBT) for Spanish-Speaking Adults with Prolonged Grief Disorder (PGD): A Randomized Feasibility Trial. *Behavioral Sciences*, 15(10), 1312. <https://doi.org/10.3390/bs15101312>

Kavaliauskas, P., Jasilionis, D., Dulskas, A., Kazlauskas, E., & Smailyte, G.(2025). Differences in cause-specific mortality between healthcare workers and all other employees in Lithuania, 2011–2019. *BMC Health Services Research*, 25(1). <https://doi.org/10.1186/s12913-025-13006-y>



Publications

Teixeira, R., de Freitas, C., Sanna, L., Prina, E., Turrini, G., Brizar, A. S., ... Tol, W. A. (2025). Co-creating mental health promotion and prevention interventions with groups in vulnerable situations in Europe: a mixed-methods study protocol for co-creation implementation and participatory evaluation. *Health Research Policy and Systems*, 23(1). <https://doi.org/10.1186/s12961-025-01349-1>

Roberts, N., Hyland, P., Fox, R., Roberts, A., Lewis, C., Cloitre, M., Brewin, C., Karatzias, T., Shevlin, M., Gelezelyte, O., Bondjers, K., Fresno, A., Souch, A., Bisson, J. (2025). The International Trauma Interview (ITI): development of a semi-structured diagnostic interview and evaluation in a UK sample. *European Journal of Psychotraumatology*, 16(1), 2494361. <https://doi.org/10.1080/20008066.2025.2494361>

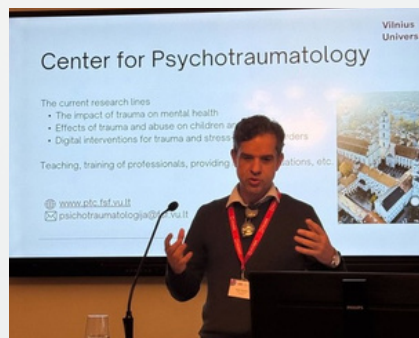
Zelviene, P., Gelezelyte, O., Kairyte, A., Elklit, A., Løkkegaard, S. S., & Kazlauskas, E. (2025). Identifying traumatization in young children through structured play: validation of the Odense Child Trauma Screening (OCTS) in Lithuania. *European Journal of Psychotraumatology*, 16 (1), 1-14. <https://doi.org/10.1080/20008066.2025.2474373>

Geleželytė, O., Guogaitė, G., Nomeikaitė, A., Bisson, J., Lewis, C., Jackūnaitė, G., Kasperavičiūtė, E., & Kazlauskas, E. (2025). Potrauminio streso sutrikimo simptomų pokyčiai pasinaudojus į traumą orientuotos kognityvinės elgesio terapijos principais grįsta internetu teikiama intervencija: bandomojo tyrimo rezultatai. *Psichologija*, 72, 37-55. <https://doi.org/10.15388/Psichol.2025.72.3>

Fleck, L., Wasmus, H., Schirmbeck, F., de Freitas, C., Teixeira, R., Sanna, L., de Graaff, A.M., De Allegri, M., Nguyen, H.T., Boehnke, J.R., Kazlauskas, E., Tol, W., & Reininghaus, U. (2025). Digital training for mental health promotion in young people with climate change-related distress: Protocol for a feasibility randomized controlled trial. *JMIR Research Protocols*, 14, e77764. <https://doi.org/10.2196/77764>

Conference Presentations

- 16 international and national invited talks
- 9 presentations at international conferences
- 5 presentations at national conferences



Media Appearances



Psichologė Odeta Geleželytė. Justino Auškelio nuotrauka



Vilnius University
Faculty of Philosophy

Center for
Psychotraumatology
Institute of Psychology

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