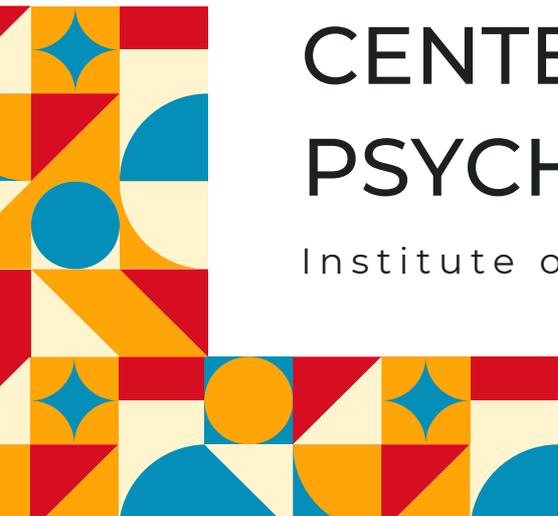


2023

ANNUAL REPORT



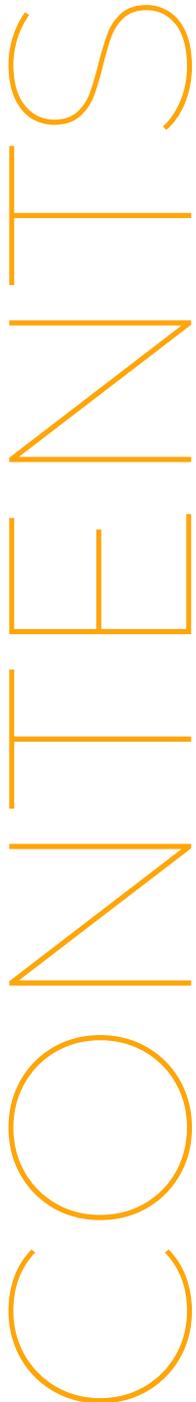
CENTER FOR
PSYCHOTRAUMATOLOGY

Institute of Psychology, Vilnius University



Vilnius
University

Table of Contents



02

2023 in numbers

03

Year in Review

04

About the Center

05

Meet Our Team

08

Staff Exchange

09

Achievements

10

Research Projects

11

Research grants

12

International
Collaborations

13

Organized Events

14

Publications

15

Conference Presentations

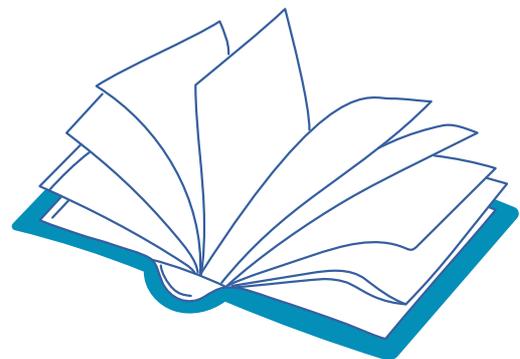
2023 IN NUMBERS

Our team attracted more than **1,6 mln. EUR** in external grant funding.



2 doctoral dissertations
10 master and bachelor theses in psychology.

PTC team co-authored **16** scientific publications in 2023.



We were working on **9** research projects.

YEAR IN REVIEW

It was another exciting year for the Center of Psychotraumatology. It was marked with multiple achievements of our team members, and we were happy to celebrate the two doctoral dissertation defenses, one by Dr. Austėja Dumarkaitė on the efficacy of internet interventions, and the other on complex PTSD by Dr. Monika Kvedaraitė. We congratulated Assoc. Prof. Dr. Paulina Želvienė with the Young Minds in Psychotraumatology Award from the European Society for Traumatic Stress (ESTSS). Congratulations to Dr. Odeta Geleželytė, the President of the Lithuanian Society for Traumatic Stress Studies, for her promotion this year to the position of Associate Professor in Psychotraumatology, which is a recognition not only of her scientific excellence but also acknowledgment of the importance of research and education in psychological trauma at the University, but also in the country.

We have successfully completed the large-scale stress assessment and management program development project funded by the EU with a solid framework for the advancement of digital intervention studies at our center in the future. Our enthusiastic Vilnius team started a lot of new exciting projects in 2023, which will further unfold in 2024. We have joined a large consortium and ambitious research and innovation ADVANCE project that aims to promote mental health in Europe funded by Horizon Europe. Within the ADVANCE project, Vilnius team will test the efficacy of the chatbot intervention for youth in collaboration with the WHO. Further, together with the Cardiff University team, we will continue with the adaptation and testing of SPRING digital intervention for PTSD in Lithuania (led by PI Dr. Geleželytė). Vilnius team will continue studies on child and adolescent psychotraumatology (led by PI Dr. Želvienė).

Overall, we round up this year inspired by the various projects, meetings and events, ongoing and new collaborations, and exchange of ideas with students, social partners, and researchers around the globe. Unfortunately, the need for psychotraumatology knowledge is in high demand, and we will continue our work and serve society by providing new knowledge in psychotraumatology in 2024.

*prof. dr. Evaldas Kazlauskas
Head of Center for Psychotraumatology
Vilnius university*

ABOUT THE CENTER

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 of resilience and risk factors of trauma- and stressor-related disorders, as well as in 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

The leading psychotraumatology excellence center in the region.



MEET OUR TEAM



Evaldas Kazlauskas, PhD, Prof., Team Leader

The 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 in the Faculty of Philosophy, a full member of the Lithuanian Academy of Sciences, a Past-President of the European Society for

Traumatic Stress. His main professional interests focus on psychotraumatology and research of digital interventions in mental health.

Paulina Želvienė, PhD, Associate Professor, Senior Researcher, Research group leader

Paulina Želvienė is a clinical psychologist, 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 a member of the office of the Lithuanian Young Academy of Sciences (LMAJA). Her scientific interests are

psychotraumatology, evidence-based treatment, and stress and resilience in adolescence. Paulina Želvienė is currently leading the projects on assessment of traumatic stress in young children (HACHI), longitudinal study on stress and resilience in adolescence (STAR-A), and digital interventions project ADVANCE funded by the Horizon Europe program.



Odeta Geleželytė, PhD, Associate Professor, Senior Researcher

Odeta Geleželytė is a clinical psychologist. She is also the president of the Lithuanian Society for Traumatic Stress (LTPA) and a Board member of the European Society for Traumatic Stress Studies. Her main research interests are in the field of posttraumatic stress and trauma. Odeta is currently leading the research project on digital

intervention for PTSD (SPRING-LT), country team leader in ESTSS Covid-19 effects of mental health (ADJUST) research project, co-PI in psychotraumatology among psychiatry inpatients project (IN-LIFE), and is contributing to the assessment of traumatic stress in young children (HACHI) study.



Augustė Nomeikaitė, PhD student

Augustė Nomeikaitė is a clinical psychologist and a PhD student at the Center for Psychotraumatology (supervisor prof. E.Kazlauskas). Her areas of interest are mostly focused on the evaluation of the outcomes of internet-delivered interventions. She is involved in the digital intervention for PTSD (SPRING-LT) project, and is working on the FOREST study on the efficacy of internet-

delivered stress recovery intervention for healthcare staff.

Agnietė Kairytė, PhD student

Agnietė Kairytė is a clinical psychologist and a PhD student at the Center for Psychotraumatology (supervisor Dr. P.Želviene). Her areas of interest are in developmental psychotraumatology, stress and resilience in adolescence, complex posttraumatic stress, and digital interventions. Agnietė is involved in several projects at the center. Her main research project is a

longitudinal study of stress and resilience in adolescence (STAR-A). She is also involved in the small children traumatic stress assessment study (HACHI), and digital interventions for mental health ADVANCE project funded by Horizon Europe.



Greta Guogaitė, PhD student

Greta Guogaitė is a clinical psychologist and a PhD student at the Center for Psychotraumatology (supervisor Dr. Geležėlytė). Her areas of interest are in the field of psychotraumatology and suicidology. Her main research project is digital intervention for PTSD study (SPRING-LT).

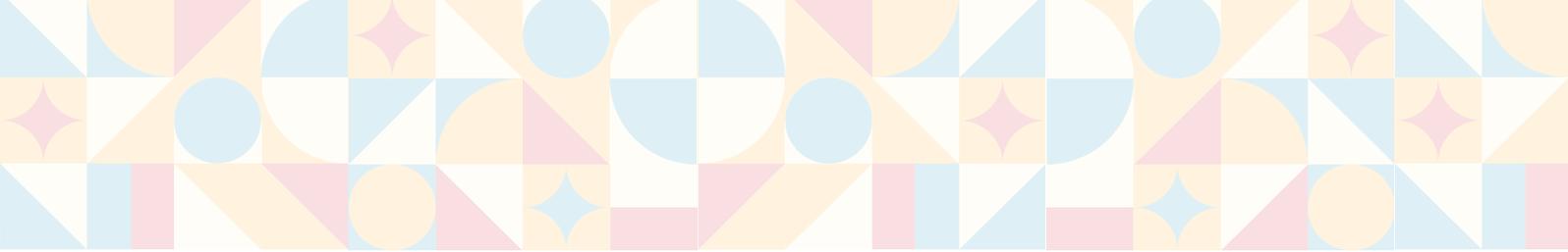


Former core team members

Dr. Monika Kvedaraite (PhD student 2019-2023)

Dr. Austėja Dumarkaite (PhD student 2019-2023)

Dr. Inga Truskauskaite (Postdoctoral research fellow 2019-2023)



DEFENDED DISSERTATIONS

2023 December 7 | Dr. Monika Kvedaraitė defended her dissertation "**Complex post-traumatic stress: assessment and risk factors**". Supervisor prof. dr. Evaldas Kazlauskas, co-supervisor assoc. prof. dr. Odeta Geleželytė.

2023 September 22 | Austėja Dumarkaitė defended her dissertation "**Effects of mindfulness on employee well-being and productivity**". Supervisor prof. dr. Evaldas Kazlauskas, co-supervisors prof. dr. G. Andersson and assoc. prof. dr. Inga Truskauskaitė.

INTERNS

Greta Jackūnaitė October, 2023 – April, 2024

Simona Burlėgaitė November, 2022 – April, 2023

Kornelija Dovydaitytė October, 2023 – May, 2024

Melissa Maria Katharina Kennepohl (Germany) October, 2023 – January, 2023

STUDENTS

Currently there are 18 bachelor and master students supervised by our team engaged in various research projects at the Center for Psychotraumatology.

Agnė Petrauskaitė

Alaya Atkočiūnas

Augustė Lygytė

Austėja Jaruševičiūtė

Eglė Samuchovaitė

Evelina Riepšaitė

Gabrielė Ciganaitė

Gabrielė Stripeikaitė

Giedrė Funkė

Guoda Germanavičiūtė

Greta Jackūnaitė

Julija Anužytė

Julija Voinė

Kornelija Dovydaitytė

Marius Gaižauskas

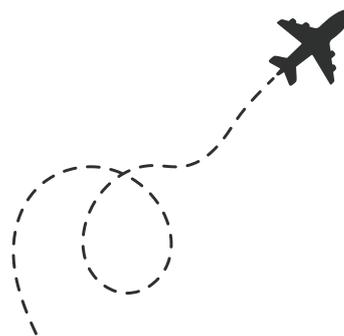
Rūta Povilonytė

Ugnė Elkimavičiūtė

Valerija Puchalska

In 2023, 10 students from our center defended their bachelor or master theses.

STAFF EXCHANGE



2 long-term research visits by team members

10+ short-term research by team members to various academic and non-academic centers across Europe

5 visits to training or summer schools for young researchers



VISITING RESEARCHERS AT CENTER FOR PSYCHOTRAUMATOLOGY IN VILNIUS

2023 September | Dr. Anton Käll, Linköping University

2023 December | Assoc. prof. dr. Maria Louison Vang, University of Southern Denmark

ACHIEVEMENTS



Assoc. prof. dr. Paulina Želvienė received the European Society of Traumatic Stress Studies (ESTSS) Best Young Scientist Award "Young Minds in Psychotraumatology Award 2023".

Assoc. prof. dr. Odeta Geleželytė and PhD student Augustė Nomeikaitė won the **first place in the Vilnius University Science Communication Competition "Science Sprint"** for the presentation "Smart psychology: can a web app developed by scientists help to overcome stress?".



PhD student Augustė Nomeikaitė, assoc. prof. dr. Odeta Geleželytė and prof. Evaldas Kazlauskas won **Best Poster Presentation Award** for presenting the "Exploring attrition in an internet-delivered stress recovery intervention for healthcare workers: Qualitative study" at ARQ: National Psychotrauma Centre 50 years conference "Trauma, Crisis and Conflict: Connecting Research and Practice".

PhD student Agnietė Kairytė was awarded with the **2nd degree prize for the best oral presentation** "Risk of Complex Post-Traumatic Stress in Adolescence: the Importance of Psychosocial Factors" at the 20th Young Scientists' Psychology Conferences (Vilnius University).

Prof. Evaldas Kazlauskas was elected as a full member of the **Lithuanian Academy of Sciences**.

RESEARCH PROJECTS

ADVANCE, Addressing mental health vulnerabilities from adolescence to older age: innovating prevention science for times of change | 2023–2028

HACHI, Happy childhood: assessing traumatic stress in young children in a structured game | 2022-2025

IN-LIFE, Psychotraumatology study in a psychiatric inpatient unit "Difficult life experiences and psychological well-being" | 2023-2024

FOREST, Internet intervention for healthcare staff | 2020-2023

Risk and Protective Factors of Prolonged Grief | 2022-2024

STAMP, Development of an innovative stress analysis and management platform | 2020-2023

STILL ME, Mindfulness-based internet intervention for PTSD | 2019-2023

STAR-A, Stress and Resilience in Adolescence | 2019-2025

SPRING-LT, Efficacy of a 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. Total budget: 6,842,447 Eur. Vilnius University budget: 631,862 EUR. Principal investigator (PI) for the Lithuanian part of the project is Prof. Evaldas Kazlauskas.

Research project "**Development of innovative stress analysis and management platform (STAMP)**" (2020-2023). Funded by the European Regional Development Fund. Grant nr. Nr. 01.2.2-LMT-K-718-03-0072, Budget 696,178 EUR. Principal investigator (PI) Prof. Evaldas Kazlauskas.

Research project "**Digital technologies in psychotraumatology: the effectiveness of an innovative web-based intervention for post-traumatic stress (SPRING-LT)**" (2023-2026). Funded by Research Council of Lithuania, No. S-MIP-23-14. Budget 148,645 EUR. 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 Research Council of Lithuania, No. S-MIP-22-22. Budget 147,916 EUR. Principal investigator (PI) Assoc. Prof. P. Želvienė.



Student internship research project "**Associations between complex post-traumatic stress disorder and psychoactive substance use**" (2023-2024). Funded by Research Council of Lithuania No. P-ST-23-134. Student G. Jackūnaitė, supervisor Dr. O. Geleželytė.

Student internship research project "**Complex posttraumatic stress and emotion regulation difficulties**" (2022-2023). This research is funded by the European Social Fund under the No. 09.3.3- LMT-K-712 "Development of Competences of Scientists, other Researchers and Students through Practical Research Activities" measure. Student S. Burleigaitė, supervisor Dr. O. Geleželytė.

INTERNATIONAL COLLABORATIONS



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

PTC core collaborators in 2023 were:

- [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
- [Traumatic Stress Research Group](#), Cardiff University, United Kingdom

Other partners included collaborations with researchers from: University of Bern, Switzerland; Macquarie University, Australia; Hiroshima University, Japan; Edinburgh Napier University, Scotland; Danish Institute Against Torture (DIGNITY), Denmark; Uppsala University, Sweden; University of Vienna, Austria; Freie Universität Berlin, Germany; University of Oslo, Norway; Catholic University of Eichstaett-Ingolstadt, Germany; Jaume I University, Spain.

ORGANIZED EVENTS

2023 February 6 | **Stress in the medical profession: can online support be effective?** Public scientific seminar and the discussion on ongoing doctoral thesis research.

2023 March 3 | **11th 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 (LSTS)



2023 May 12 | **Advancement of internet-based interventions for trauma and stress-related disorders.** International webinar organized to address the need for new solutions in delivering mental health care in psychotraumatology. In collaboration with European Society for Traumatic Stress Studies (ESTSS)

2023 June 20 | **Scientific Conference of Students conducting research in Psychotraumatology.** During the conference, students presented findings from their own research theses.

2023 November 10 | **Current Psychotrauma Care Worldwide and in Lithuania.** Online public discussion about evidence-based psychotrauma care, situation of psychotrauma care in Lithuania and possibilities of psychological support for traumatized people in the Lithuanian healthcare system. In collaboration with main organisers: Lithuanian Society for Traumatic Stress, Suicide and Violence Prevention Commission at the Parliament of the Republic of Lithuania.

PUBLICATIONS

REFERRED JOURNAL ARTICLES

Fernández-Buendía, S., Miguel, C., Dumarkaite, A., Kazlauskas, E., Cuijpers, P., Quero, S. (2023). Technology-supported treatments for adjustment disorder: A systematic review and preliminary meta-analysis. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2023.11.059>.

Nomeikaite, A., Gelezelyte, O., Berger, T., Andersson, G. & Kazlauskas, E. (2023). Exploring reasons for usage discontinuation in an internet-delivered stress recovery intervention: A qualitative study. *Internet Interventions*, 34, 100686. <https://doi.org/10.1016/j.invent.2023.100686>

Gelezelyte, O., Nomeikaite, A. & Kazlauskas, E. (2023). Longitudinal changes in mental health professionals' perceived trauma care competencies after participation in a brief online training programme. *European Journal of Psychotraumatology*, 14:2, DOI:[10.1080/20008066.2023.2251779](https://doi.org/10.1080/20008066.2023.2251779)

Lioupi, C., Anastassiou-Hadjicharalambous, X., Acquarini, E., Ajdukovic, D., Ardino, V., Böttche, M., Dragan, M., Figueiredo-Braga, M., Gelezelyte, O., Grajewski, P., Javakhishvili, J., Kazlauskas, E., Lenferink, L., Lueger-Schuster, B., Tsiskarishvili, L., Mooren, T., Sales, L., Ajdukovic, M., Zrnica Novakovic, I., Eklund, R., Hensler, I., Schäfer, I., & Lotzin, A. (2023). Predictors of traumatic experiences among individuals experiencing pandemic-related stressors: a cross-sectional study in Europe during the COVID-19 crisis. *Current Psychology*. <https://doi.org/10.1007/s12144-023-05036-8>

Kazlauskas, E., Smailyte, S., Domarkienė, I., Kučinskas, V., Matulevičienė, A., Elklit, A., Žukauskaitė, G. & Ambrozaitytė, L. (2023). Psychological distress 35 years after the Chernobyl accident in the Lithuanian clean-up workers. *Global Health Action*, 16:1, <https://doi.org/10.1080/16549716.2023.2233843>

Kazlauskas, E., Kairyte, A., Zelviene, P. (2023). Complex posttraumatic stress disorder in adolescence: A two-year follow-up study. *Clinical Child Psychology and Psychiatry*, 0, 1-13. <https://doi.org/10.1177/13591045231187975>

Nomeikaite, A., Andersson, G., Dear, B. F., Dumarkaite, A., Gelezelyte, O., Truskauskaite, I. & Kazlauskas, E. (2023). The role of therapist support on the efficacy of an internet-delivered stress recovery intervention for healthcare workers: a randomized control trial. *Cognitive Behaviour Therapy*, <https://doi.org/10.1080/16506073.2023.2214699>

Kazlauskas, E., Gelezelyte, O., Kvedaraite, M., Ajdukovic, D., Johannesson, K. B., Böttche, M., ... Lotzin, A. (2023). Psychometric properties of the Patient Health Questionnaire-4 (PHQ-4) in 9230 adults across seven European countries: Findings from the ESTSS ADJUST study. *Journal of Affective Disorders*, 335, 18–23. doi: <https://doi.org/10.1016/j.jad.2023.05.007>

Kazlauskas E, Dumarkaite A, Gelezelyte O, Nomeikaite A, Zelviene P. Validation of the Recovery Experience Questionnaire in a Lithuanian Healthcare Personnel. *International Journal of Environmental Research and Public Health*. 2023; 20(3):2734. <https://doi.org/10.3390/ijerph20032734>

Kazlauskas, E., Grazulyte, D., Kvedaraite, M., Jovaisiene, I., Zelviene, P. & Sipylaite, J. (2023). Can Cardiac Surgery Lead to ICD-11 PTSD and Complex PTSD? Findings of a 5-year Follow-up Study. *Psychiatric Quarterly*. <https://doi.org/10.1007/s11126-023-10023-0>

Hihara, S., Truskauskaite-Kuneviciene, I., Abe, K., Daniunaite, I., Haramaki, Y., Kazlauskas, E., Sugimura, K., Zelviene, P., Kabir, R. S., Masuda, N., & Kamite, Y. (2023). Trauma exposure, posttraumatic stress, and identity content valences among Japanese adolescents. *Journal of Adolescence*, 1–15. <https://doi.org/10.1002/jad.12168>

Zelviene, P., Kairyte, A., Dumarkaite, A., Nomeikaite, A., & Kazlauskas, E. (2023). Internet-based stress recovery intervention for adolescents: study protocol for a randomized controlled trial. *Trials*, 24(1), 174. <https://doi.org/10.1186/s13063-023-07188-1>

Kazlauskas, E., Patasius, A., Kvedaraite, M., Nomeikaite, A., Rudyte, M., & Smailyte, G. (2023). ICD-11 adjustment disorder following diagnostic procedures of prostate cancer: A 12-month follow-up study. *Journal of Psychosomatic Research*, 168, 111214. <https://doi.org/10.1016/j.jpsychores.2023.111214>

Truskauskaite, I., Dumarkaite, A., Petrauskaite, G., Andersson, G., Brailovskaia, J., Karatzias, T., Margraf, J., & Kazlauskas, E. (2023). ICD-11 PTSD and complex PTSD in Lithuanian university students: Prevalence and associations with trauma exposure. *Psychological Trauma: Theory, Research, Practice, and Policy*. <https://doi.org/10.1037/tra0001436>

Kairyte, A., Truskauskaite, I., Daniunaite, I., Gelezelyte, O., & Zelviene, P. (2023). Resilience trajectories and links with childhood maltreatment in adolescence: a latent growth modeling approach. *Child and Adolescent Psychiatry and Mental Health*, 17(1), 10. <https://doi.org/10.1186/s13034-023-00558-2>

Dumarkaite, A., Truskauskaite, I., Andersson, G., Jovarauskaite, L., Jovaisiene, I., Nomeikaite, A., & Kazlauskas, E. (2023). The efficacy of the internet-based stress recovery intervention FOREST for nurses amid the COVID-19 pandemic: A randomized controlled trial. *International Journal of Nursing Studies*, 138. <https://doi.org/10.1016/j.ijnurstu.2022.104408>

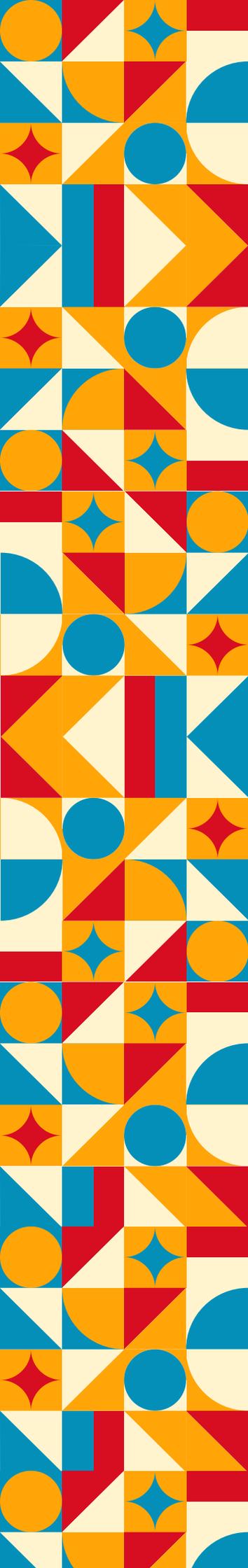
CONFERENCE PRESENTATIONS

2 international Invited talks

10+ Presentations in international conferences

10+ Presentations in national conferences





Vilnius University
Faculty of Philosophy

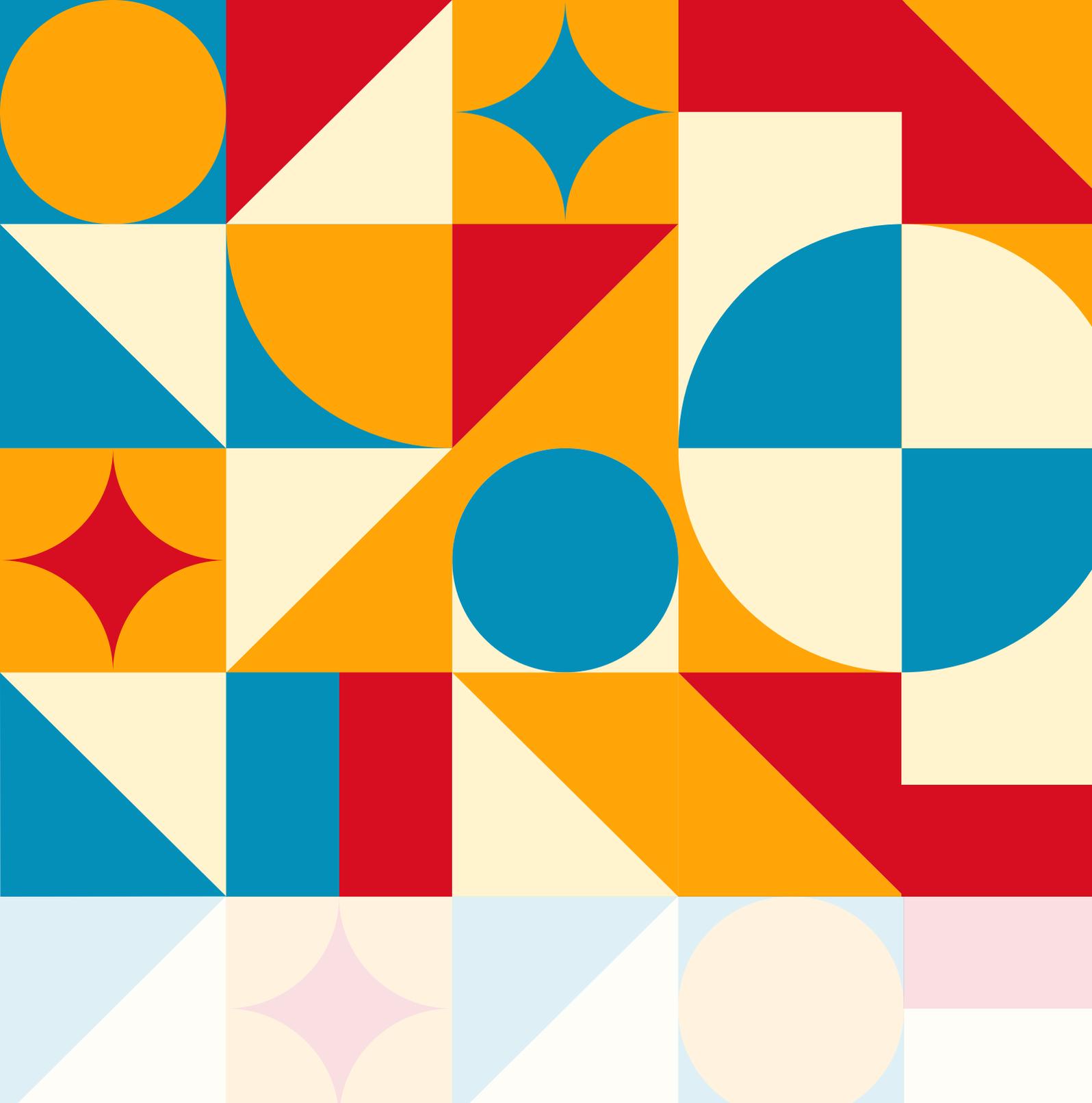
Center for Psychotraumatology
Institute of Psychology

2023 Annual Report

Design Augustė Nomeikaitė
Photographs Antanas Voznikaitis

M.K Ciurlionio str. 29
03100 Vilnius
Lithuania

psichotraumatologija@fsf.vu.lt
www.ptc.fsf.vu.lt



**Vilnius
University**

