

## Curriculum Vitae – Dr. Christina Röcke

*Deputy Director and Research Group Leader*

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University Research Priority Program (URPP) “Dynamics of Healthy Aging”

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**h-index:** 21 (Google Scholar)

## Education

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|------------------------------------|---|
| Ph. D. (Dr. phil.) in Psychology   | 2006 (summa cum laude), Free University Berlin / Max Planck Institute for Human Development, Berlin, Germany; Advisors: J. Smith, P. B. Baltes, U. Lindenberger |
| M. A. (Dipl. Psych.) in Psychology | 2002, Free University Berlin, Germany   |
| B. S. (Pre-Diploma) in Psychology  | 1999, Psychology, Free University Berlin, Germany   |

## Professional positions

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| 05/2021-  | Managing Director, Center for Gerontology, University of Zurich, Switzerland   |
| 2013-     | Deputy Director and Research Group Leader, University Research Priority Program (URPP) "Dynamics of Healthy Aging", University of Zurich, Switzerland          |
| 2009-2012 | Research Group Leader and Scientific Program Coordinator, International Normal Aging and Plasticity Imaging Center (INAPIC), University of Zurich, Switzerland |
| 2007-2009 | Postdoctoral Researcher, Department of Psychology (Developmental Psychology: Adulthood) University of Zurich, Switzerland                                      |
| 2006-2007 | Postdoctoral Researcher, Department of Psychology (Lifespan Lab), Brandeis University, Waltham, MA, USA  |
| 2002–2006 | Predocotrual Researcher, Max Planck Institute for Human Development, Berlin, Germany   |

## Additional institutional responsibilities

- Faculty Member, International Max Planck Research School on the Life Course (LIFE)

## Approved research projects

- 2017-2020 “Novel Empowering Solutions and Technologies for Older people to Retain Everyday life activities — NESTORE”, European Commission, H2020 -SC1-2016-2017 program (Co-I) [UZH: 292'500 CHF]
- 2017-2020 “University Research Priority Program Dynamics of Healthy Aging: Phase II”, competitive UZH funding (Co-Director of grant application consortium; PIs: M. Martin, L. Jäncke, UZH) [7.87 Mio. CHF]
- 2015-2019 „Individualized Real-Life Technologies Laboratory for Healthy Aging Research (MOASIS-Project: Feasibility Studies & Main Study)“ (Co-PI with M. Martin, R. Weibel, L. Jäncke, M. Allemand, UZH) [1.2 Mio. CHF]
- 2013-2016 “University Research Priority Program Dynamics of Healthy Aging: Phase I”, competitive UZH funding (Co-Director of grant application consortium; PIs: M. Martin, L. Jäncke, UZH) [4.75 Mio. CHF]

## Supervision of junior researchers at graduate and postgraduate level

- 2020 – Melanie Becker (PhD student in psychology, co-advisor)
- 2020 – 2021 Oliver Eberli (MSc. student in GIScience, co-advisor)
- 2020 – 2021 Pascal Griffel (MSc. Student in GIScience, co-advisor)
- 2019 – 2020 Joy Tieg (MSc. student in psychology, co-advisor)
- 2017 – 2020 Hoda Allahbakhshi (PhD student in GIScience, member of PhD committee)
- 2016 – 2019 Marko Katana (PhD student in psychology, co-advisor)
- 2015 – 2018 Sabrina Guye (PhD student in psychology, co-advisor)
- 2015 – 2018 Michelle Fillekes (PhD student in GIScience, member of PhD committee)

## Teaching activities

Regular teaching activities at Free University of Berlin, University of Zurich, Zurich University of Applied Sciences (ZHAW): Lectures (12), Seminars (3), Experimental Practicum (1), Project Groups (6): Lifespan Development and Aging, Emotion and Emotion Regulation, Motivation and Aging, Daily Life Ambulatory Assessments

## Memberships in panels, boards, etc., and individual scientific reviewing activities

### *Member of Editorial Board:*

- Psychology and Aging
- Journal of Gerontopsychology and Geriatric Psychiatry (GeroPsych)
- Gerontology

### *Guest Editorships:*

- 2019 The Journal of Gerontopsychology and Geriatric Psychiatry (GeroPsych), Special Issue “Autobiographical memory and healthy aging”
- 2019 The Journal of Gerontopsychology and Geriatric Psychiatry (GeroPsych), Special Issue “Aging Dyads and Health: New perspectives on interpersonal processes in aging”

- 2019           Frontiers in Human Neuroscience, Special Topic Issue  
“Longitudinal Aging Research: Cognition, Behavior and  
Neuroscience”
- 2016           The Journal of Gerontopsychology and Geriatric Psychiatry  
(GeroPsych), Special Issue „Monitoring and promoting old age  
health stabilization in real life“
- 2014           Gerontology, Special Issue „Bridging the Gap II: Quality of life and  
multimorbidity“
- 2012/2013    The Journal of Gerontopsychology and Geriatric Psychiatry  
(GeroPsych), Special Issues „Functional approaches to the  
development of stability across the lifespan“
- 2011           Gerontology, Special Issue „Bridging the Gap I: Maintaining and  
promoting mobility and functional independence in older adults“
- 2010           European Journal of Ageing, Special Issue „Longitudinal  
perspectives on midlife development“

### **Ad-hoc reviewer**

Aging and Mental Health, Aging, Neuropsychology, and Cognition, Cognition and Emotion, Developmental Psychology, European Journal of Ageing, European Journal of Personality, European Psychologist, Frontiers: Emotion Science, Journal of Applied Gerontology, Journals of Gerontology: Psychological Sciences & Social Sciences, The Journal of Gerontopsychology and Geriatric Psychiatry, Journal of Happiness Studies, Gerontology, Methodology, Motivation and Emotion, PLOS ONE, Psychology and Aging, Research in Human Development, Research on Aging, Restorative Neurology and Neuroscience, The International Journal of Aging and Human Development

### **Memberships in scientific societies**

American Psychological Association (APA, Division 20: Aging and Adult Development), German Psychological Association (Division for Developmental Psychology), Swiss Gerontological Association, Society for Ambulatory Assessment

### **Organisation of conferences**

- 2021:           Member of scientific committee and co-conference chair, international  
conference of the Society for Ambulatory Assessment (virtual due to  
COVID19)
- 2017 & 2019:  Member of scientific committee and co-conference chair, international  
conference “Aging & Cognition” at UZH
- 2010-2016:   6 international invitational workshop conferences at UZH related to various  
topics in the area of healthy aging, 1 site visit for external review panel

### **Prizes, awards, fellowships**

- 2009           Vontobel Award for Aging Research, University of Zurich
- 2008           APA Division 20 and The Retirement Research Foundation Award for  
Completed Post-Doctoral Research
- 2006           Travel Stipend for Cognitive Aging Conference, German Psychological  
Association

- 2002–2006      Doctoral Stipend from International Max Planck Research School on the Life Course (LIFE)
- 1999-2000      Fulbright Scholarship

## Publications

### **Journal articles (peer-reviewed)**

- Charles, S., **Röcke, C.**, Zadeh, R., Martin, M., Boker, S., & Scholz, U. (in press). Leveraging daily social experiences to motivate healthy aging. *Journals of Gerontology: Psychological Sciences*.
- Palumbo F, Crivello A, Furfari F, Girolami M, Mastropietro A, Manferdelli G, **Röcke C**, Guye S, Salvá Casanovas A, Caon M, Carrino F, Abou Khaled O, Mugellini E, Denna E, Mauri M, Ward D, Subías-Beltrán P, Orte S, Candea C, Candea G and Rizzo G (2020) “Hi This Is NESTORE, Your Personal Assistant”: Design of an Integrated IoT System for a Personalized Coach for Healthy Aging. *Frontiers in Digital Health*, 2:545949.
- Horn, A., & **Röcke, C.** (2020). Aging dyads and health: New perspectives on interpersonal processes in aging. *GeroPsych*, 33, 117-123.
- Kamali, E. L., Angelini, A., Caon, M., Carrino, M., **Röcke, C.**, Guye, S., et al. (2020). Virtual Coaches for Older Adults’ Wellbeing: A Systematic Review. *IEEE Access*, 8, 101884-101902.
- Knoll, N., Keller, J., Luszczynska, A., Scholz, U., **Röcke, C.**, Schrader, M., & Heckhausen, J. (2020). Control strategies and daily affect: Couples adapt to new functional limitations. *GeroPsych*, 33, 155-169.
- Oswald, J., Mérillat, S., Liem, F., **Röcke, C.**, Martin, M., & Jäncke, L. (2019). Lagged Coupled Changes Between White Matter Microstructure and Processing Speed in Healthy Aging: A Longitudinal Investigation. *Frontiers in Aging Neuroscience*, 11:298.
- Katana, M., **Röcke, C.**, & Allemand, M. (2019). Intra- and interindividual differences in the within-person coupling between daily pain and affect of older adults. *Journal of Behavioral Medicine*.
- Fillekes, M. P., **Röcke, C.**, Katana, M., & Weibel, R. (2019). Self-reported versus GPS-derived indicators of daily mobility in healthy aging research: Findings from the MOASIS Project. *Social Science & Medicine*, 220, 193-202.
- Guye, S., **Röcke, C.**, Martin, M., & von Bastian, C. (2019). Functional Ability in Everyday Life: Are Associations with an Engaged Lifestyle Mediated by Working Memory? *The Journals of Gerontology: Psychological Sciences*, gbz056.
- Katana, M., **Röcke, C.**, Spain, S. M., & Allemand, M. (2019). Emotion regulation, subjective well-being, and perceived stress in daily life of geriatric nurses. *Frontiers in Psychology*, 10:1097.
- Oswald, J., Guye, S., Liem, F., Rast, P., Willis, S., **Röcke, C.**, Jäncke, L., Martin, M., & Mérillat, S. (2019). Brain Structure and Cognitive Ability in Healthy Aging: A Review on Longitudinal Correlated Change. *Reviews in the Neurosciences*.
- Martin, M., Weibel, R., **Röcke, C.**, & Boker, S. (2018). Semantic Activity Analytics for Healthy Aging: Challenges and opportunities. *IEEE Pervasive Computing*, 17, 73-77.
- Lokka, I. E., Çöltekin, A., Wiener, J., Fabrikant, S. I., & **Röcke, C.** (2018). Virtual environments as memory training devices in navigational tasks for older adults. *Scientific Reports*, 8: 10809.
- Zimmermann, K., von Bastian, C., **Röcke, C.**, Martin, M., & Eschen, A. (2016). Transfer after Process-Based Object-Location Memory Training in Healthy Older Adults. *Psychology and Aging*, 31, 798-814.

- Binder, J., Martin, M., Zöllig, J., **Röcke, C.**, Mérillat, S., Eschen, A., Jäncke, L., & Shing, Y. L. (2016). Multi-domain training enhances executive attentional control. *Psychology and Aging, 1*, 390-408.
- Binder, J., Zöllig, J., Eschen, A., Mérillat, S., **Röcke, C.**, Schoch, S. F., Jäncke, L., & Martin, M. (2015). Multi-domain training in healthy old age: Hotel Plastisse as an iPad-based serious game to systematically compare multi-domain and single-domain training. *Frontiers in Aging Neuroscience, 7*:137.
- Röcke, C.**, & Brose, A. (2015). Affektives Wohlbefinden und Affektregulation im Erwachsenenalter: Von Stabilität, Variabilität und deren Zusammenspiel [Affective well-being and affect regulation in adulthood: Of stability, variability and their interplay]. *Psychotherapie im Alter, 12*, 153-169.
- Binder, J. C., Zöllig, J., Eschen, A., Mérillat, S., **Röcke, C.**, Schoch, S., Jäncke, L., & Martin, M. (2015). Multi-domain training in healthy old age – Hotel Plastisse as an iPad-based serious game to systematically compare multi-domain and single-domain training. *Frontiers in Aging Neuroscience*.
- Martin, M., Battagay, E., & **Röcke, C.** (2014). Bridging the gap between clinical and behavioural gerontology Part II: Quality of life in multimorbidity. *Gerontology, 60*, 247-248.
- Röcke, C.**, & Brose, A. (2013). Intraindividual variability and stability of affect and well-being: Short-term and long-term change and stabilization processes. *The Journal of Gerontopsychology and Geriatric Psychiatry, 26*, 185-199.
- Smith, J., Ryan, L. H., & **Röcke, C.** (2013). The day-to-day effects of conscientiousness on well-being. *Research in Human Development, 10*, 1-17.
- Martin, M., Jäncke, L., & **Röcke, C.** (2012). Functional approaches to lifespan development: Towards aging research as the science of stabilization. *The Journal of Gerontopsychology and Geriatric Psychiatry, 25*, 185-188.
- Martin, M., Kressig, R. W., & **Röcke, C.** (2011). Bridging the gap between clinical and behavioural gerontology Part I: Promoting late life mobility and independence. *Gerontology, 57*, 237-238.
- Röcke, C.**, Hoppmann, C., & Klumb, P. (2011). Correspondence between retrospective and momentary ratings of positive and negative affect in old age: Findings from a one-year measurement burst design. *Journals of Gerontology: Psychological Sciences, 66B*, 411-415.
- Zöllig, J., Mérillat, S., Eschen, A., **Röcke, C.**, Martin, M., & Jäncke, L. (2011). Plasticity and imaging research in healthy aging: Core ideas and profile of the International Normal Aging and Plasticity Imaging Center (INAPIC). *Gerontology, 57*, 190-192.
- Gerstorff, D., **Röcke, C.**, & Lachman, M. (2010). Antecedent-consequent relations of perceived control to health and social support: Longitudinal evidence for between-domain associations across adulthood. *Journals of Gerontology: Psychological Sciences, 66B*, 61-71.
- Grühn, D., Kotter-Grühn, D., & **Röcke, C.** (2010). Discrete affects across the adult lifespan: Evidence for multidimensionality and multidirectionality of affective experiences in young, middle-aged and older adults. *Journal of Research in Personality, 44*, 492-500.
- Willis, S. L., Martin, M., & **Röcke, C.** (2010). Longitudinal perspectives on midlife development: stability and change. *European Journal of Ageing, 7*, 131-134.
- Röcke, C.**, Li, S.-C., & Smith, J. (2009). Intraindividual variability in positive and negative affect over 45 days: Do older adults fluctuate less than young adults? *Psychology and Aging, 24*, 863-878.
- Gerstorff, D., Ram, N., **Röcke, C.**, Lindenberger, U. & Smith, J. (2008). Decline in life satisfaction in old age: Longitudinal evidence for links to distance-to-death. *Psychology and Aging, 23*, 154-168.

- Li, S.-C., Schmiedeck, F., Huxhold, O., **Röcke, C.**, Smith, J., & Lindenberger, U. (2008). Working memory plasticity in old age: Practice gain, transfer, and maintenance. *Psychology and Aging, 23*, 731–742.
- Lachman, M. E., **Röcke, C.**, Rosnick, C. B., & Ryff, C. D. (2008). Realism and illusion in Americans' temporal views of their life satisfaction: Age differences in reconstructing the past and anticipating the future. *Psychological Science, 19*, 889–897.
- Röcke, C.**, & Lachmann, M. E. (2008). Perceived trajectories of life satisfaction across past, present, and future: Profiles and correlates of subjective change in young, middle-aged, and older adults. *Psychology and Aging, 23*, 833–847.
- Gerstorff, D., Lövdén, M., **Röcke, C.**, Smith, J. & Lindenberger, U. (2007). Well-being affects changes in perceptual speed in advanced old age: Longitudinal evidence for a dynamic link. *Developmental Psychology, 43*, 705–718.
- Röcke, C.**, & Cherry, K. E. (2002). Death at the end of the 20th century: Individual processes and developmental tasks in old age. *International Journal of Aging and Human Development, 54*, 315–333.

#### **Journal articles (non-peer reviewed)**

- Delius, J. A. M., Kotter-Grühn, D., Kleinspehn-Ammerlahn, A., **Röcke, C.**, Smith, J., & Lindenberger, U. (2012). Die Berliner Altersstudie (BASE): Kognitive Entwicklung im Alter. *News & Science, 31*, 4–9.

#### **Conference Proceedings (peer-reviewed)**

- Mastropietro, A., **Röcke, C.**, Porcelli, S., del Bas, J., Boquè, N., Fernandez Maldonado, L., & Rizzo, G. (2019). Multi-domain model of healthy ageing: The experience of the H2020 NESTORE project. In A. Leone, A. Caroppo, G. Rescio, G. Diraco, & P. Siciliano (Eds.), *Ambient Assisted Living. ForItAAL 2018. Lecture Notes in Electrical Engineering* (Vol. 544, pp. 13–21). Cham: Springer. DOI: 10.1007/978-3-030-05921-7\_2
- Orte, S., Subias, P., Fernandez, L., Mastropietro, A., Porcelli, S., Rizzo, G., Boqué, N., Guye, S., **Röcke, C.**, Andreoni, G., Crivello, A., & Palumbo, F. (2018). Dynamic decision support system for personalized coaching to support active ageing. In *Proceedings of the Fourth Italian Workshop on Artificial Intelligence for Ambient Assisted Living* (pp. 16–36), Trento, Italy.

#### **Book chapters (peer-reviewed) and monographies**

- Röcke, C.**, Brose, A., & Kuppens, P. (2018). Emotion Dynamics in Older Age. In P. M. Cole & T. Hollenstein (Eds.), *Emotion regulation: A matter of time, part II: Development of emotion regulation as a dynamic, real-time process*. Routledge/Taylor & Francis: London.
- Guye, S., **Röcke, C.**, Mérellat, S., von Bastian, C. C., & Martin, M. (2016). Plasticity in different age groups: Adult lifespan. In T. Strobach & J. Karbach (Eds.), *Cognitive Training: An Overview of Features and Applications* (pp. 45–55). Berlin: Springer.
- Röcke, C.** (2015). Life satisfaction. In S. Krauss-Whitbourne (Ed.), *The Encyclopedia of Adulthood and Aging*. Hoboken, NJ: Wiley-Blackwell.
- Röcke, C.** & Martin, M. (2012). Ressourcen. In H.-W. Wahl, C. Tesch-Römer, & J. P. Ziegelmann (Eds.), *Angewandte Gerontologie. Interventionen für ein gutes Altern in 100 Schlüsselbegriffen* (pp. 109–115). Stuttgart: Kohlhammer.
- Kotter-Grühn, D., Kleinspehn-Ammerlahn, A., Hoppmann, C., **Röcke, C.**, Rapp, M., Gerstorff, D., & Ghisletta, P. (2010). Veränderungen im hohen Alter: Zusammenfassung längsschnittlicher Befunde der Berliner Altersstudie. In U. Lindenberger, J. Smith, K. U. Mayer & P. B. Baltes (Eds.), *Die Berliner Altersstudie* (3rd ed., pp. 659–689). Berlin: Akademie Verlag.

- Lachman, M.E., Rosnick, C., & **Röcke, C.** (2009). The rise and fall of control beliefs in adulthood: Cognitive and biopsychosocial antecedents and consequences of stability and change over nine years. In H. Bosworth and C. Hertzog (Eds.), *Aging and cognition: Research methodologies and empirical advances* (pp. 143–160). Washington, D.C.: American Psychological Association.
- Röcke, C.** (2006). *Intraindividual variability in positive and negative affect: Age-related and individual differences in magnitude and coupling with cognitive performance*. Dissertation, Free University Berlin. <http://www.diss.fu-berlin.de/2006/669/indexe.html>.
- Röcke, C.** (2002). *Behaving and Feeling Close: A multidimensional perspective on relationship closeness in old age*. Unpublished diploma thesis, Free University Berlin.