INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

NAME: Steffi Gerlinde Riedel-Heller

TITLE: Prof. Dr. med.; MPH

PROFESIONAL GROUPING: Full Professor, MD, MPH, board certified adult psychiatrist and psychotherapist

WORK ADDRESS: Institute of Social Medicine, Occupational Health and Public Health (ISAP)
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PRESENT POSITION: Director of the Institute of Social Medicine, Occupational Health and Public
Health (ISAP), University of Leipzig, Medical Faculty

HIGHEST ACADEMIC QUALIFICATION: MD, MPH

PROFILE OF MEMBER:

Professor Steffi Riedel-Heller started as a psychiatric nurse after graduating from high school and then studied medicine in Leipzig. This was followed by a social psychiatry-oriented residency to become a specialist in adult psychiatry and psychotherapy in Leipzig and a training to become a Master of Public Health at Johns Hopkins University in Baltimore/USA. She worked for many years in research, teaching and patient care at the Department of Psychiatry at the University of Leipzig, from 2004 as Professor of Public Mental Health. Since 2010, she has headed the Institute for Social Medicine, Occupational Medicine and Public Health (ISAP), a large research-oriented institute at the University of Leipzig with several research groups.

Professor Riedel-Heller's research focuses on epidemiology (she established old age cohorts e.g. Leila75+, AgeCoDe-AgeQualiDe, LIFE Health Study), prevention and health services research, especially also on intervention research (e.g. online-based interventions and multicomponent preventive interventions to prevent cognitive decline such as AgeWell.de) and guideline development (S3 guideline Psychosocial Therapies in Severe Mental Disorders). Cognitive disorders and risk reduction of cognitive decline are one of her main interests.

Professor Riedel-Heller is, among other things, a board member of the German Society for Psychiatry and Psychotherapy, Psychosomatics and Neurology (DGPPN), of the German Society of Social Medicine and Prevention (DGSMP), and of the Section Epidemiology and Social Psychiatry of the Euorpean Psychiatric Association (EPA) and of the International Federation of Psychiatric Epidemiology (IFPE), and as well as a DFG Review Board Member (Neurosciences and the Panel Clinical Studies).

In 2017, she received the prestigious Hans and Ilse Breuer Foundation Research Award for her work in the field of prevention of cognitive disorders in old age. She has published over 750 medline-listed papers to date (H-Index Web of Science: 66) and is PI of large population-based age cohorts and multicentre intervention trials. In 2021 and 2022, she was among the selected "highly cited researchers" (Clarivate).

AREAS OF EXPERTISE:

Public Mental Health, epidemiology of mental disorders especially of cognitive disorders (population-based and primary-care based cohorts, risk and protective factors), prevention (multicomponent interventions), health service research, m-health (intervention development and RCTs, implementation projects)

KEY PUBLICATIONS (Max. 5):

Röhr S, Kivipelto M, Mangialasche F, Ngandu T, **Riedel-Heller SG**. Multidomain interventions for risk reduction and prevention of cognitive decline and dementia: current developments. Curr Opin Psychiatry. 2022 Jul 1;35(4):285-292
Pabst A, Bär J, Röhr S, Löbner M, Kleineidam L, Heser K, Hajek A, van der Leeden C, Wiese B, Maier W, Angermeyer MC, Scherer M, Wagner M, König HH, **Riedel-Heller SG**. Do self-reported hearing and visual impairments predict longitudinal dementia in older adults? J Am Geriatr Soc. 2021 Jun;69(6):1519-1528.
Zülke A, Luck T, Pabst A, Hoffmann W, Thyrian JR, Gensichen J, Kaduszkiewicz H, König HH, Haefeli WE, Czock D, Wiese B, Frese T, Röhr S, **Riedel-Heller SG**. AgeWell.de - study protocol of a pragmatic multi-center cluster-randomized controlled prevention trial against cognitive decline in older primary care patients. BMC Geriatr. 2019 Aug 1;19(1):203.
Then FS, Luck T, Heser K, Ernst A, Posselt T, Wiese B, Mamone S, Brettschneider C, König HH, Weyerer S, Werle J, Mösch E, Bickel H, Fuchs A, Pentzek M, Maier W, Scherer M, Wagner M, **Riedel-Heller SG**. Which types of mental work demands may be associated with reduced risk of dementia? Alzheimers Dement. 2017 Apr;13(4):431-440.
Riedel-Heller SG, Busse A, Aurich C, Matschinger H, Angermeyer MC. Incidence of dementia according to DSM-III-R and ICD-10: results of the Leipzig Longitudinal Study of the Aged (LEILA75+), Part 2. Br J Psychiatry. 2001 Sep;179:255-60.

RELEVANT RESEARCH ACTIVITY (selection, last 5 years):

2020 – 2023	@ctive-rollout - How could translation be successful? Implementation of self-help strengthening online coaches in different treatment settings (PI/434,000 €/GBA)
2021 – 2022	Development of an instrument to measure impairments in activities of daily living due to cognitive decline – an approach to improve early detection and diagnosis of dementia and its pre-stages of mild neurocognitive disorders (ADL-DEM) (Co-PI/63,000 euro /German Alzheimer Association)
2020 – 2022	Pilot validation of the German version of the Mild Behavioural Impairment Checklist; an instrument to measure neuropsychiatric symptoms in preclinical Alzheimer's dementia (PI/62,000 euro /German Alzheimer Association)
2018 - 2022	Cognitive behavioral therapy for the treatment of late life depression – a multicenter, randomized, observer-blinded, controlled trail (CBTLate) (Co-PI/ 1,9 Mio euro/BMBF)
2017 - 2022	AgeWell.de – A multi-centric cluster-randomized controlled prevention trial in primary care (PI/2,2 Mio euro/BMBF)

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

2023 – 2025   Cross-sectoral monitoring & modeling of regional health care (Co-PI/120,000 €/GBA)
2022 - 2025   Unmet care needs and risk profiles of very old people with dementia and depression – a quantitative analysis based on established cohort studies (PI/94,000 euro/DFG)
2020 – 2025   ement and Support for people with mental illnesses (LIPSY) (Co-PI/760,000 €/BMAS)
2017 - 2023   AgeDifferent.de: Healthy Aging - gender specific trajectories into latest life based on harmonized old age cohorts (PI/ 540,000 euro /BMBF)
2021 - 2023   Gender-specific design of preventive measures against cognitive decline and dementia in older age – Evidence, helpful and hindering factors for implementation (GEPDEM) (PI/; 297,000 euro /BMG)

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I will collaborate with INTERDEM colleagues and others in developing and implementing strategies to promote brain-healthy lifestyle and thus reduce the risk on dementia for the coming decades.
Based on my epidemiological work, I became more and more interested in modifiable risk factors and strategies of risk reduction. Currently, we are conducting the first multicomponent prevention trial in Germany (AgeWell.de). Therefore, I will join the taskforce on primary prevention of dementia to get actively involved to share news, to jointly present results and to in joint research to collaborate in research proposals and projects as well as in primary prevention campaigns.